

# **Commission on Gang Prevention and Intervention Community Resource Guide**



**Funded by the California Wellness Foundation**

This project was constructed by the CGPI team

Stephanie Griffin

Nini Hafoka

Sol-Maria Lopez

Aaron Meng

Taryn Prosnitz

Evelyn Ramirez

Martha Vuki

**SERVICES  
BY  
ZIP CODE**

## **SERVICES COVERING ALL AREAS**

### **Al-Anon and Al-ateen**

Phone: (619) 296-2666

### **Big Brothers Big Sisters of San Diego**

92126 / Phone: (858) 536-4900

### **Big Sister League of San Diego, Inc**

92103 / Phone: (619) 297-1172

### **Child Abuse Hotline**

Phone: (858) 560-2191 / Toll free: (800) 344-6000

### **Child Welfare Services (CWS)**

Phone: (858) 694-5191

### **County of San Diego – San Diego**

#### **Access & Crisis Line**

Phone: (800) 479-3339

### **Narcotics Anonymous (NA)**

Phone: (619) 584-1007 / Spanish: (619) 491-1984 / Toll-free: (800) 479-0062

### **San Diego Food Bank – Emergency Food Assistance Distribution Sites**

Phone: (858) 527-1419 or  
(866) 350-3663

### **SDYCS - The Storefront emergency shelter**

Phone: (619) 325-3527 / 24-Hour Crisis Line: 1-866-715-6405

### **Teen Court**

Phone: (619) 533-6014

### **WIC (Women, Infants & Children)**

Phone: (800) 500-6411

## **CENTRAL**

### **Barrio Station**

92113/ Phone: (619) 238-0314

### **Boys and Girls Club of Greater San Diego Central**

92102/ Phone: (858) 866-0591

### **Catholic Charities**

92101/ Phone: (619) 231-2828

### **Catholic Charities - The Center for Counseling**

92101 / Phone: (619) 231-2828

### **Center for Employment Training (CET) of San Diego**

92102 / Phone: 619-233-6829

### **Community Assessment Team, Central, c/o SAY San Diego *\*serves parts of Central***

92105 / Phone: (619) 283-9624

### **Critical Hours - Greater Golden Hill Community Development - Youth Education Town**

92102 / Phone: (619) 696-9992 or  
SDYCS YET (619) 232-8126

### **Critical Hours - Sherman Heights Community Center - Our Lady's School**

92102 / Phone: (619) 233-8889

### **Family Health Centers - Downtown Family Health Center**

92101 / Phone: (619) 515-2525

**Family Justice Center**

92101 / General Information: 1-866-933-4673 / Crisis Hotline: 1-800-479-3339

**Family Resource Center – Metro**

92101 / Phone: (619) 744-5101

**Family Resource Center - Southeast**

92102 / Phone: (619) 236-7501

**House of Metamorphosis**

92101 / Phone: (619) 236-9492

**Juvenile Diversion Residential-YMCA**

92117, Phone: (858) 270-8213

**Legal Aid Society of San Diego**

92101 / Phone: 1-877-534-2524

**Metro-United Methodist Urban****Ministry - Gompers Middle School**

92102 / Phone: (619) 263-7171 Ext 2227

**Metro-United Methodist Urban****Ministry - Good Neighbor Centers - Chollas View**

92102 / Phone: (619) 264 – 0368

**Metro Region Career Center**

92101 / Phone: (619) 233-2814

**National Conflict Resolution Center**

92101 / Phone: 619-238-2400 or 760-494-4728

**Palavra Tree - Central South West****Teen Recovery Center**

92102 / Phone: (619) 238-7393

**Planned Parenthood**

92101 / Phone: (888) 743-PLAN (7526)

**San Diego Urban League**

92102 / Phone: (619) 266-6256

**San Diego Youth and Community****Services- Central**

92101/ Phone: (619) 221-8600

**SDYCS – NFL Youth Education****Town (YET) Golden Hills**

92102 / Phone: (619) 232-8126

**Sherman Heights Community Center**

92102 / Phone: (619) 232-5181 Ext 17

**Social Advocates for Youth (SAY)**

92104/ Phone: (858) 565-4148

**Stand Up For Kids**

92101 / Phone: 1-800-365-4KID

**Toussaint Academy of the Arts and****Sciences (TAAS)**

92102 / Phone: (619) 687-1080

**UPAC - Pan Asian High Risk Youth****Mentorship**

92102 / Phone: (619) 232-6454

**UPAC - Parent Assistance Center**

92102 / Phone: (619) 232-6454

**UPAC - San Diego Asian Youth****Organization (SDAYO)**

92102 / Phone: (619) 232-6454

**YMCA - Downtown**

92101 / Phone: (619) 232-7451

**YMCA - Jackie Robinson Family**

92102 / Phone: (619) 264-0144

## **EASTERN**

**Boys & Girls Club – Clairemont Branch**

92116 / Phone: (858) 273-1645

**Community Assessment Team,  
Central, c/o SAY San Diego *\*serves  
parts of Eastern***

92105 / Phone: (619) 283-9624

**CRC Health Group – Fashion Valley Clinic**

92108 / Phone: (877) 637-6237

**Critical Hours - YMCA - Balboa Park Community Center**

92116 / Phone: (619) 543-9850

**Critical Hours - YMCA of San Diego County President John Adams Apartments**

92116 / Phone: (619) 543-9850

**Critical Hours - YMCA - DePortola Middle School**

92124 / Phone: (619) 543-9850

**Family Resource Center - Kearny Mesa**

92123 / Phone: (858) 565-5598

**Family Resource Center - Mission Valley**

92108 / Phone: (619) 767-5206

**Fred Finch Youth Center - Comprehensive Stabilization and Assessment Service (CASS)**

91920 / Phone: (619) 281-3706 Ext 333

**Home Start**

92108 / Phone: (619) 692-0727

**Jewish Family Services - Turk Family Center**

92123 / Phone: (858) 637-3000

**Juvenile Courts**

92123 / Phone: 858-634-1675

**Mental Health Systems Inc. (MHS)**

92123 / Phone: (858) 573-2600

**MHS - Caring Helpers**

92123 / Phone: (858) 292-0903

**MHS – Moving Families Forward**

92123 / Phone: (858) 380-4676

**MHS – Steps – Adolescent Day Treatment and Outpatient**

92123 / Phone: (858) 565-2510

**Metro-United Methodist Urban Ministry**

92116 / Phone: (619) 285-5556

**Planned Parenthood**

92108 / Phone: (888) 743-PLAN (7526)

**Rady Children's Hospital - Developmental Evaluation Clinic**

92123 / Phone: (858) 966-5817

**San Diego Youth and Community Services- East**

92121/ Phone: (619) 258-6877

**U.S. Naval Sea Cadet Corps**

92126/ Phone: 858-598-5951

**Social Advocates for Youth (SAY) San Diego**

92123 / Phone: (858) 565-4148

**SAY San Diego - Vision Achievement  
Mentoring Partnership**

92123 / Phone: 619-582-9056

**San Diego City Schools' Mental  
Health Resource Center (MHRC)**

92123 / Phone: (858) 573-2227

**San Diego Girls' Alliance**

92116 / Phone: (619) 384-2573

**SDYCS - Breaking Cycles Program**

**SAY San Diego - Juvenile Diversion  
and Prevention**

92123, 92124 & 92116 / Phone: (619)  
582-9056 Ext 211

92123 / Phone: (858) 492-2300

**YMCA - Child Care Resource  
Services**

92108 / Phone: (619) 521-3055

**YMCA - Toby Wells**

92123 / Phone: (858) 496-9622

**MID-CITY**

**Able-Disabled Advocacy (A-DA)**

92105 / Phone: (619) 231-5990

**Community Assessment Team,  
Central, c/o SAY San Diego**

92105 / Phone: (619) 283-9624

**City Heights Community  
Development Corporation (CHCDC)**

92105 / Phone: (619) 584-1535

**City Heights Wellness Center**

92105 / Phone: (619) 321-2920

**CRC Health Group - Home Ave Clinic**

92105/ Phone: (877)637-6237

**Critical Hours - Our Lady of the  
Sacred Heart School**

92105 / Phone: (619) 284-1715

**Critical Hours - San Diego Youth &  
Community Services (SDYCS) -  
Youth Education Town**

92105 / Phone: (619) 325-4696

**Family Health Centers - City Heights  
Family Health Center**

92115 / Phone: 619-515-2400

**Family Resource Center - Northeast**

92115 / Phone: (619) 464-5701

**Home Start**

92105 / Phone: (619) 229-3660

**Horn of Africa**

92105 / Phone: (619) 583-0532 or  
(619) 583-0256

**International Rescue Committee**

92105 / Phone: (619) 641-7510

**La Maestra Community Health  
Centers**

92105 / Phone: (619) 280-4213

**Metro-United Methodist Urban  
Ministry**

92105 / Phone: (619) 228-2887

**Metro Youth One Stop Career Center**

92105 / Phone: (619) 516-2200

**Planned Parenthood**

92105 & 92115 / Phone:  
(888) 743-PLAN (7526)

**Pro Kids (The First Tee San Diego)**

92105 / Phone: (619) 582-7884

**Project B.R.O. (Brotherhood,  
Responsibility and Outreach)**  
Phone: (619)791-2610 Ext 302

**Reality Changers (Agentes de  
Cambio)**  
92105 / Phone: (619) 516-2216

**SAY San Diego - Juvenile Diversion  
and Prevention**  
92105 & 92115 / Phone: (619) 582-9056  
Ext 211

**San Diego Youth and Community  
Services (SDYCS) - Central East Teen  
Recovery Center**

92105 / Phone: (619) 325-4696  
**SDYCS - Teen Options (Perinatal)**  
92105/ Phone: (619) 521-2250

**SDYCS – NFL Youth Education  
Town (YET)**  
92105 / Phone: (619) 325-4696

**Star/Pal**  
92105 / Phone: (619) 531-2718

**Unity Tech**  
92115 / Phone: (619) 287-8182

**YMCA - Copley Family**  
92105 / Phone: (619) 283-2251

## **NORTHERN**

**Access Inc.**  
92111 / Phone: (858) 560-0871

**Beach Area Family Health Center**  
92109 / Phone: (619) 515-2444

**Beach Area Women's Health Center**  
92109 / Phone: (619) 876-4420

**Boys & Girls Club –Roberts Family  
Branch Linda Vista**  
92111 / Phone: (858) 277-6670

**Center for Community Solutions  
(CCS) - CCS Coastal Location**  
92109 / Phone: (858) 272-5777

**Continuation and alternative schools**  
92111 / Phone: (858) 292-3500

**County of San Diego - Emergency  
Screening Unit (ESU)**  
91911 / Phone: (619) 421-6900

**Critical Hours - Boys & Girls Club -  
Linda Vista Branch**  
92111 / Phone: (858) 751-0611

**Family Health Centers - Ciaccio  
Memorial Clinic**  
92104 / Phone: (619) 515-2587

**Family Health Centers - North Park  
Family Health Center**  
92104 / Phone: (619) 515-2424

**McAlister Institute (MITE) - North  
Central Teen Recovery Center**  
92117 / Phone: (858) 578-5612

**New Alternatives**  
92111 / Phone: (858) 278-1137

**Phoenix House - Beach Area - Teen  
Recovery Center**  
92110 / Phone: (619) 226-2663

**Planned Parenthood**  
92111 & 92109 / Phone:  
(888) 743-PLAN (7526)

**Riley School - Children's Outpatient  
Psychiatry**  
92111 / Phone: (858) 496-8205

**SAY San Diego - Juvenile Diversion  
and Prevention**  
92117 / Phone: (619) 582-9056 Ext 211

**San Diego Center for Children**  
92111 / Phone: (858) 277-9550

**San Diego Youth and Community  
Services (SDYCS)**  
92110 / Phone: (619) 221-8600

**Tariq Khamisa Foundation (TKF)**  
92111 / Phone: (858) 565-0800

**Youth One Stop Career Center**  
92111 / Phone: (858) 571-7259

**YMCA - La Jolla YMCA**  
92037 / Phone: (858) 453-3483

**YMCA - Mission Valley**  
92110 / Phone: (619) 298-3576

### **NORTHEASTERN**

**Fred Finch Youth Center - Dual  
Diagnosis Residential**  
91945 / Phone: (619) 797-1090

**Harmonium - Children's Programs**  
92126 / Phone: (858) 684-3080

**Harmonium - Counseling Programs**  
92126 / Phone: (858) 566-5740

**Harmonium/ Epicentre - Youth  
Programs**  
92126 / Phone: (858) 271-4000

**Jewish Family Services - North  
County Inland**  
92128 / Phone: (858) 674-6441

### **NORTHWESTERN**

**Critical Hours - Boys & Girls Club of  
San Dieguito - Polster Branch**  
92130 / Phone : (858) 755-9371

**Turning the Hearts Center - Gang  
Awareness through Mentoring and  
Education (GAME)**  
91910 / Phone: (619) 691-9643



**SOUTH BAY: \*includes services in National City, Imperial Beach and Chula Vista**

**California Conservation Corps (CCC)**  
91950 / Phone: (800) 952-JOBS (5627)

**Casa Familiar - Social Services Center**  
92173 / Phone: (619) 428-1115

**Casa Familiar - Community & Recreation Center**  
92173 / Phone: (619) 428-1115

**Community Assessment Team, South County, c/o South Bay Community Services**  
**Communities: Otay Mesa, San Ysidro**  
91932, 92154, 92173/  
Phone: (619) 420-3620

**Critical Hours - YMCA - Mar Vista Middle School**  
92154 / Phone: (619) 543-9850

**Critical Hours - YMCA - County Southwest Middle**  
92154 / Phone: (619) 543-9850

**Critical Hours - South Bay Community Services - San Ysidro Middle School**  
92173 / Phone: (619) 420-8722

**Dental Hygiene Clinic – Southwestern College**  
91950 / Phone: (619) 216-6665 Ext 4875

**Family Resource Centers – National City**  
91950 / Phone: (619) 336-8360 /  
(619) 336-8659

**Family Resource Center - Rayo de Esperanza**  
91911 / Phone: (619) 425-4458

**Family Resource Center - Vista del Sol Community Center**  
91950 / Phone: (619) 477-3275

**Family Resource Center - Summercrest Community Center**  
91950 / Phone: (619) 475-2080

**Hope through Housing Foundation - Vista del Sol (After School & Beyond program)**  
91950 / Phone: (619) 477-6708

**Job Corps**  
91932 / Phone: (619) 429-4909 /  
(619) 575-2285 / (619) 429-8500

**MAAC Project - San Ysidro Service Center**  
92173 / Phone: (619) 428-1139

**McAlister Institute (MITE) - South Bay East Teen Recovery Center**  
91914 / Phone: (619) 482-9300

**Metro-United Methodist Urban Ministry - Good Neighbor Centers - Nestor**  
92154 / Phone: (619) 429-0802

**National Conflict Resolution Center**  
92173 / Phone: (619) 428-3200

**Planned Parenthood**  
91911 / Phone: (888) 743-PLAN (7526)

**South Bay Community Services -  
South Bay West Teen Recovery  
Center**

91911 / Phone: (619) 420-3620

**South County Youth One Stop Career  
Center**

91950 / Phone: (619) 470-5218

**YES Transition Network (SD  
Workforce Partnership – Youth  
Division) - Toribio Romo – Centro de  
Capacitación**

92111 / Phone: (858) 560-0871

**South Bay Community Services  
(SBCS)**

91911 / Phone: (619) 420-3620

**South Bay Community Services**  
92154/ Phone: (619) 420-3620

**SBCS - South Bay Transitioning  
Youth Project**

91911 / Phone: (619) 420-3620

**South County Career Center**

91911 / Phone: (619) 628-0300

**San Ysidro Health Center**

92173 / Phone: (619) 662-4100

Appointments and Info: (619) 662-4123

**San Ysidro Health Center -  
Behavioral Health**

92173 / Phone: (619) 428-5561

**San Ysidro Health Center - Youth  
Enhancement Services**

92173/ Phone: (619) 428-5533

**San Ysidro Health Center - Otay  
Family Health Center**

91911 / Phone: (619) 205-1360

**Turning the Hearts Center**

91910 / Phone: (619) 691-9643

**Turning the Hearts Center - Gang  
Awareness through Mentoring and  
Education (GAME)**

91910 / Phone: (619) 691-9643

**U.S. Naval Sea Cadet Corps**

91950/ Phone: 858-598-5951

**YMCA - Border View**

92154 / Phone: (619) 428-1168

**SOUTHEASTERN**

**Barrio Station**

92113 / Phone: (619) 238-0314

**The Barrio Youth Center**

92113 / Phone: (619) 238-0314

**Black Contractors Association (BCA)  
- YouthBuild**

92114 / Phone: (619) 263-9791

**Boys & Girls Club – Logan Heights /  
W.J. Oakes Branch**

92113 / Phone: (619) 525-1739

**Boys & Girls Club – Encanto**

92114 / Phone: (619) 263-6407

**Community Assessment Team,  
Central, c/o SAY San Diego *\*serves  
parts of Southeast***

92105 / Phone: (619) 283-9624

**Coalition of Neighborhood Councils  
(CNC)**

92114 / Phone: (619) 325-3580

**CNC - Youth Opportunity & Employment Program & Gang Prevention Initiative Program**  
92114 / Phone: (619) 325-3580

**Critical Hours - YMCA - Mercado Apartments**  
92113 / Phone: (619) 543-9850

**Holly Drive Leadership Academy**  
92113 / Phone: (619) 266-7333

**Inner City Youth of San Diego (ICY)**  
92113 / Phone: (619) 527-7154

**Family Health Centers – Diamond Neighborhoods Family Health Center**  
92114 / Phone: (619) 515-2560

**Family Health Centers – Teen Health Center**  
92113 / Phone: (619) 515-2333

**Family Health Centers – Logan Heights Family Health Center**  
92113 / Phone: (619) 515-2300

**Legal Aid Society of San Diego**  
92114 / Phone: (877) 534-2524

**MAAC Project - Barrio Logan Service Center**  
92113 / Phone: (619) 255-7284

**Palavra Tree – Central Southeast Teen Recovery Center**  
92113 / Phone: (619) 263-7768

**Planned Parenthood**  
92114 / Phone: (888) 743-PLAN (7526)

**Read/ San Diego**  
92114 / Phone: (619) 527-5475

**San Diego Girls Club**  
92113 / Phone: (619) 233-7722

**SAY San Diego - Project L.I.V.E.**  
92114 / Phone: (619) 263-3009 Ext 2255

**Second Step Program – Baker Elementary**  
92113 / Phone: (619) 264-3139

**Second Step Program - Knox Elementary**  
92113 / Phone: (619) 262-2473

**Second Step Program - Perkins Elementary**  
92113 / Phone: (619) 525-7482

**Southcrest Park Recreation Center**  
92113 / Phone: (619) 527-3413  
Teen Center: (619) 527-3442

**South Metro Career Center**  
92113 / Phone: (619) 266-4200

**U.S. Naval Sea Cadet Corps**  
92113/ Phone: 858-598-5951

## **WESTERN**

**Alpha Project for the Homeless**  
92103 / Phone: (619) 542-1877

**Chicano Federation**  
92104 / Phone: (619) 285-5600

**The Center - The San Diego Lesbian, Gay, Bisexual, Transgender Community Center Youth Center**  
92103 / Phone: (619) 497-2920 Ext 113

**SAY San Diego - Juvenile Diversion  
and Prevention**

92104 / Phone: (619) 582-9056 Ext 211

**SDYCS - The Bride group home**

92104 / Phone: (619) 521-3939

24-Hour Hotline: (866) 715-6405

**Union of Pan Asian Communities  
(UPAC) (Drug Medi-Cal only)**

92104 / Phone: (619) 521-5720

**U.S. Naval Sea Cadet Corps**

92110/ Phone: 858-598-5951

**YMCA - Peninsula Family**

92107/ Phone: (619) 266-8888

**YMCA - Turning Point Transitional  
Living Program**

92104 / Phone: (619) 640-9774

**YMCA - Youth & Family Services  
(YFS)**

92103 / Phone: (619) 543-9850

# **SERVICES BY DISTRICT**

## **District 1**

**Access Inc.  
YES Transition  
Network**

Metro Region Office  
Phone: (858) 560-0871 ext.106

**Black Mountain Multi-Purpose  
Center**

Phone: (858)538-8128

**The Critical Hours After School  
Program  
Boys & Girls Club of San Dieguito  
Griset Branch- North Coastal Polster  
Branch**

Phone: (858)755-9371

**Carmel Valley Recreation Center**

Phone: (858)552-1616

**Doyle Recreation Center**

Phone: (858)581-1770

**Hilltop Recreation Center**

Phone: (858)538-8198

**Jewish Family Services  
University City Senior Center**

Phone: (858) 550-5998

**Jewish Family Services  
CO-OP (Town Park Villas)**

Phone: (858) 453-0182

**La Jolla Playhouse**

Phone: (858)550-1070

**La Jolla Recreation Center**

Phone: (858)552-1658

**Nobel Athletic Fields and Recreation  
Center**

Phone: (858)552-1626

**Price Charities**

Phone: (858) 551-2321

**Standley Recreation Center**

Phone: (858)552-1652

**U.S. Naval Sea Cadet Corps**

Phone: 858-598-5951

**YMCA- La Jolla**

Phone: (858) 453-3483

## **District 2**

### **2<sup>nd</sup> Step Program**

Kimbrough Elementary

Phone: (619) 525-2010

### **Able-Disabled**

#### **Central San Diego**

Phone: (619)231-5990

### **ACCESS, Inc. - Centro de**

#### **Capacitación Toribio Romo**

Phone: (858) 560-0871 ext.106

### **Alcohol and Drug Services ADS- Palavra Tree**

Central South West Teen Recovery  
Center

Phone: (619) 238-7393

### **Alcohol and Drug Services ADS- Phoenix House**

Beach Area - Teen Recovery Center

Phone: (619) 226-2663

### **Alcohol and Drug Services ADS- San Diego Youth and Community Services**

- Central East Teen Recovery Center

Phone: (619) 325-4696

### **Alcohol and Drug Services ADS- San Diego Youth and Community Services**

(SDYCS) - Teen Options (Perinatal)

Phone: (619) 521-2250

### **AL-ANON and ALATEEN**

Phone: (619)296-2666

### **Balboa Park Activity Center**

Phone: (858)581-7100

### **Beach Area Family Health Center**

Phone: (619)515-2444 3705

### **Beach Area Women's Health Center**

Phone: (619) 876-4420

### **Big Sister League of San Diego, Inc.**

Phone: (619)297-1172

### **Catholic Charities**

Phone: (619) 231-2828

### **Center for Community Solutions**

Phone: (858) 272-5777

### **The Center - The San Diego Lesbian, Gay, Bisexual, Transgender Community Center**

Phone: (619) 692-2077

### **The Children's Initiative**

Phone: (858)581-5880

### **City Heights Community Development Corporation (CHCDC)**

Phone: (619) 321-2920

### **City Heights Wellness Center**

Phone: (619) 584-1535

### **Community Assessment Teams (CATs) -Central**

Phone: (619) 283-9624

### **Community Assessment Teams (CATs)- Mid City Family Resource Center**

Phone: (619) 283-9624 x208

### **Community Initiatives for Children and Families**

#### **Health and Human Services Agency**

Phone: (619)515-6543

### **County Health Services Complex**

Phone: (619)692-8550

**Critical Hours - Greater Golden Hill  
Community Development - Youth  
Education Town**

92102 / Phone: (619) 696-9992 or  
SDYCS YET (619) 232-8126

**The Critical Hours After School  
Program- Our Lady of the Sacred  
Heart School**

Phone: (619) 284-1715

**The Critical Hours After School  
Program- San Diego Youth &  
Community Services (SDYCS) -  
Youth Education Town**

Phone: (619) 325-4696

**The Critical Hours After School  
Program- San Diego Youth &  
Community Services (SDYCS) -  
Harbison Canyon Community Center**

Phone: (619) 258-6877

**The Critical Hours After School  
Program  
Sherman Heights Community Center  
- Our Lady's School**

Phone: (619) 233-8889

**CRC Health Group - Home Ave Clinic**

Phone: (877)637-6237

**Family and Youth Transition Center**

Phone: (858)560-0871 Ext 106

**Family Health Center Downtown**

Phone: (619)515-2525

**Family Health Centers of San Diego**

Phone: 619-515-2300

**Family Justice Center**

Phone: 1-866-933-4673

**Family Resource Center – Metro**

Phone: (619) 744-5101

**Family Resource Center - Southeast**

Phone: (619) 236-7501

**First Avenue Family Planning Clinic -  
Michelle Wagner Center**

Phone: (888)743-7526

**Garfield High School (continuation  
school)**

Phone: (619) 525-2059

**Hillcrest Youth Center**

Phone: (619) 497-2920 Ext 113

**Home Start**

Phone: (619) 229-3660

**House of Metamorphosis**

Phone: (619)236-9492

**International Rescue Committee  
(IRC)**

Phone: (619) 641-7510

**La Maestra Community Health  
Centers**

Phone: (619) 280-4213

**La Jolla YMCA**

Phone: (858) 453-3483

**Legal Aid Society of San Diego**

Phone: 1-877-534-2524

**Metro Region Community Day  
Schools**

Phone: (619)233-2801

**Metro-United Methodist Urban  
Ministry-PROGRAM OFFICES**

Phone: (619) 263-7171 ext. 2227

**Metro-United Methodist Urban  
Ministry- GOOD NEIGHBOR  
CENTERS**

Chollas View

Phone: (619) 264 – 0368



**Metro Youth One-stop Center**  
Phone: (619)233-2814

**MHS Outpatient**  
Countywide Adults, Older Adults  
DCS/San Diego MH Center  
For the Deaf & Hard of Hearing  
Phone: (619)398-2441

**Mission Bay - Parker Clinic**  
Phone: (888)743-7526

**Mission Beach Precise Planning Committee**  
Phone: (858)488-1386

**Mission Beach Recreation Council**  
Phone: (858)488-1386

**Mission Beach Town Council**  
Phone: (858)488-7347

**Mobile Adolescent Services Team**  
Phone: (619)398-3261

**Municipal Gymnasium**  
Phone: (619)525-8262

**National Conflict Resolution Center**  
Phone: (619) 238-2400

**New Beginnings**  
Phone: (619)515-6543

**Pacific Beach Express- Mimi Brien Center**  
Phone: (888)743-7526

**Palavra Tree-Central South West Teen Recovery Center**  
Phone: (619) 238-7393

**Phoenix House Beach Area TRC (DMC only)**  
Phone: (619) 226-2663

**Planned Parenthood**  
Phone: 1-888-743-PLAN (7526)

**Pro Kids (The First Tee San Diego)**  
Phone: (619) 582-7884

**Reality Changers (Agentes de Cambio)**  
Phone: (619) 516-2216

**San Diego County Office of Education and Juvenile Court & Community Schools (SDCOE/JCCS) - Transitioning Youth N' Motion / Youth One-Stop Career Centers Metro Region**  
Phone: (619) 233.2814

**San Diego Housing Federation**  
Phone: (619) 239-6693

**San Diego-Orange County/Border Regional Office**  
Phone: (619) 230-0555

**San Diego Prevention Coalition**  
Phone: (619) 557-6635

**San Diego Youth and Community Services (SDYCS): Teen Options**  
Phone: (619) 521-2250

**San Diego Youth and Community Services (SDYCS)**  
Phone: (619) 221-8600

**San Diego Urban League**  
Phone: (619) 263-3115

**SAY San Diego - Juvenile Diversion and Prevention**  
Phone: (619) 582-9056, x211

**School-to-Career Intermediary Team**  
Phone: (619) 228-2900

**Sherman Heights Community Center**  
Phone: (619) 232-5181 Ext 17

**Stand Up For Kids**  
Phone: (800)365-4KID

**Star/Pal**  
Phone: (619) 531-2718

**Sunset Cliffs Natural Park Council**  
Phone: (619)531-1534

**Teen Court**  
Phone: (619) 533-6014

**Toussaint Academy of the Arts and Sciences (TAAS)**  
Phone: (619)687-1080

**Toribio Romo – Centro de Capacitación**  
Phone: (858) 560-0871 Ext 106

**UCSD BRIGHT Families Project**  
Phone: (858) 530-3200

**UPAC - Pan Asian High Risk Youth Mentorship**  
Phone: (619) 232-6454

**UPAC - Parent Assistance Center**  
Phone: (619) 232-6454

**UPAC - Peer Academic Mentoring Program (PAMPER)**  
Phone: (619) 232-6454

**UPAC - San Diego Asian Youth Organization (SDAYO)**  
Phone: (619) 232-6454

**Uptown Partnership**  
Phone: (619)298-2541

**U.S. Naval Sea Cadet Corps**  
Phone: 858-598-5951

**YMCA Copley Family**  
Phone: (619) 283-2251

**YMCA Downtown**  
Phone: (619) 232-7451

**YMCA Jackie Robinson Family**  
Phone: (619) 264-0144

**YMCA La Jolla**  
Phone: (858) 453-3483

**YMCA Mission Valley**  
Phone: (858) 496-9622

**YMCA Peninsula Family**  
Phone: (619) 266-8888

**YMCA - Youth & Family Services (YFS)**  
Phone: (619) 543-9850

### **District 3**

**2<sup>nd</sup> Step Program**  
Kimbrough Elementary  
Phone: (619) 525-2010

**Able-Disabled Central San Diego**  
Phone: (619) 231-5990

**AL-ANON and ALATEEN**  
Phone: (619) 296-2666

**API Teen Suicide Prevention**  
Phone: (619) 232-6454

**Big Sister League of San Diego, Inc.**  
Phone: (619) 297-1172

**Boys and Girls Club of Greater San Diego Central**  
Phone: (858) 866-0591

**Boys and Girls Club  
Clairemont Branch**  
Phone: (858) 273-1645

**The Bride**  
Phone: (619) 521-3939

**Catholic Charities**  
Phone: (619) 231-2828

**The Center - The San Diego Lesbian,  
Gay, Bisexual, Transgender  
Community Center**  
Phone: (619) 692-2077

**Central San Diego Teen Recovery  
Center (TRC)**  
Phone: (619) 325-4696

**Chicano Federation: Youth and  
Family Services**  
Phone: (619) 285-5600

**City Heights Express Clinic**  
Phone: (888) 743-7526

**City Heights Family Health Center**  
Phone: (619) 515-2400

**Community Assessment Teams  
(CATs) -Central**  
Phone: (619) 283-9624

**Community Assessment Teams  
(CATs)- Mid City Family Resource  
Center**  
Phone: (619) 283-9624 x208

**Critical Hours Programs/ Six to Six  
program**

**YMCA - Balboa Park Community  
Center**  
Phone: (619) 543-9850

**Critical Hours Programs/ Six to Six  
program**  
**YMCA of San Diego County President  
John Adams Apartments**  
Phone: (619) 543-9850

**Crash Options for Recovery**  
Phone: (619) 229-8201

**CRC Health Group / Home Ave Clinic**  
Phone: (877) 637-6237

**Downtown Family Health Center**  
Phone: (619) 515-2525

**Family Health Centers (FHC) of San  
Diego**  
**Ciaccio Memorial Clinic**  
Phone: 619-515-2587

**Family Justice Center**  
Phone: 1-866-933-4673

**Family Resource Center – Metro**  
Phone: (858) 694-3900

**Family Resource Center - Northeast**  
Phone: (619) 464-5701

**Healthy Eating & Active Communities  
(HEAC)**  
Phone: (619) 583-0532

**Hillcrest Youth Center**  
Phone: (619) 497-2920 ext. 113

**Home-School Partnership / Families  
and Schools Together (FAST)**  
Phone: (619) 232-6454

**House of Metamorphosis**  
Phone: (619) 236-9492

**Jewish Family Services  
HIV Services**

Phone: (619) 325-0522

**Jewish Family Services  
College Avenue Senior Center**

Phone: (619) 583-3300

**Legal Aid Society of San Diego**

Phone: 1-877-534-2524

**Metro Career Center**

(619) 516-2200

**Metro-United Methodist Urban  
Ministry**

Phone: (619) 285-5556

**MHS Outpatient**

Countywide Adults, Older Adults  
DCS/San Diego MH Center  
for the Deaf & Hard of Hearing  
Phone: (619) 398-2441

**Mid-City CAN**

Phone: (619) 283-9624

**Mid City for Youth Substance Abuse  
Momentum Team**

Phone: (619) 283-9624

**National Conflict Resolution Center**

Phone: (619) 238-2400

**NFL Youth Education Town (YET)  
City Heights**

Phone: (619) 325-4696

**NFL Youth Education Town (YET)  
Golden Hills**

Phone: (619) 232-8126

**North Park Family Health Center**

Phone: (619) 515-2424 Ext.3544

**Palavra Tree, Central South West**

Phone: (619) 238-7393

**Parent Assistance Center**

Phone: (619) 232-6454

**Pan Asian High Risk Youth  
Mentorship**

Phone: (619) 232-6454

**Peer Academic Mentoring Program  
(PAMPER)**

Phone: (619) 232-6454

**Power Up!**

Phone: (619) 232-6454

**Price Charities**

Phone: (619) 795-2000

**Public Health Center**

Phone: (619) 229-5400

**San Diego Girl's Alliance**

Phone: (619) 384-2573

**San Diego Asian Youth Organization  
(SDAYO)**

Phone: (619) 232-6454

**San Diego County Office of Education  
and Juvenile Court & Community  
Schools (SDCOE/JCCS) -  
Transitioning Youth N' Motion /  
Youth One-Stop Career Centers**

Metro Region

Phone: (619) 233.2814

**San Diego Youth & Community  
Services (SDYCS) - The Bride**

Phone: (619) 521-3939

24-Hour Hotline: 1-866-7156405

**San Diego Youth and Community  
Services- Central**

Phone: (619) 221-8600

**San Diego Urban League**  
Phone: (619) 263-3115

**San Diego Youth and Community Services (SDYCS): Teen Options**  
Phone: (619) 521-2250

**Social Advocates for Youth (SAY)**  
Phone: (858) 565-4148

**SAY San Diego - Juvenile Diversion and Prevention**  
Phone: (619) 582-9056 Ext 211

**School-to-Career Intermediary System**  
**San Diego Workforce Partnership, Inc.**  
Phone: (619) 228-2900

**Sherman Heights Community Center**  
Phone: (619) 232-5181 Ext 17

**Stand Up For Kids**  
Phone: (800)365-4KID

**Teen Court**  
Phone: (619) 533-6014

**Teen Options**  
Phone: (619) 521-2250

**Teen Speak: 10,000 Cranes**  
Phone: (619) 232-6454

**Toribio Romo – Centro de Capacitación**  
Phone: (858) 560-0871 Ext 106

**Toussaint Academy of the Arts and Sciences: Community Day School**  
Phone: (619) 446-2100

**Union of Pan Asian Communities (UPAC)**  
Phone: (619) 521-5720  
Phone: (619) 232-6454

**Unity Tech**  
Phone: (619) 287-8182

**YMCA Downtown**  
Phone: (619) 232-7451

**YMCA - Youth & Family Services (YFS)**  
Phone: (619) 543-9850

**YMCA of San Diego County Balboa Park Community**  
Phone: (619) 543-9850

**YMCA Turning Point Transitional Living Program**  
Phone: (619) 640-9774

**Youth Day Center (YDC) Metro**  
Phone: (619) 266-6060

## **District 4**

### **2<sup>nd</sup> Step Program**

Baker Elementary

Phone: (619) 264-3139

Knox Elementary

Phone: (619) 262-2473

Perkin Elementary

Phone: (619) 525-7482

### **Able-Disabled Advocacy (A-DA)**

Phone: (619) 231-5990

### **Alcohol and Drug Services ADS- Palavra Tree**

Central South West Teen Recovery  
Center

Phone: (619) 238-7393

### **API Teen Suicide Prevention**

Phone: (619) 232-6454

### **Barrio Station**

Phone: (619) 238-0314

### **Black Contractors Association (BCA) -Youth Build**

Phone: (619) 263-9791

Phone: (619) 263-2008

### **Boys and Girls Club of Greater San Diego Central**

Phone: (858) 866-0591

### **Boys and Girls Club**

Encanto Branch

Phone: (619) 263-6407

### **Boys and Girls Club**

Logan Heights / W.J. Oakes Branch

Phone: (619) 525-1739

### **Central San Diego Teen Recovery Center (TRC)**

Phone: (619) 325-4696

### **City Heights Community**

**Development Corporation (CHCDC)**

Phone: (619) 321-2920

### **City Heights Wellness Center**

Phone: (619) 584-1535

### **Community Assessment Teams (CATs) -Central**

Phone: (619) 283-9624

### **Community Assessment Teams (CATs)- Mid City Family Resource Center**

Phone: (619) 283-9624 x208

### **Critical Hours**

**Barrio Youth Center**

Phone: (619) 238-0314

### **Critical Hours**

**Boys and Girls Club**

Encanto Branch

Phone: (619) 263-6407

### **Critical Hours - Greater Golden Hill Community Development - Youth Education Town**

92102 / Phone: (619) 696-9992 or

SDYCS YET (619) 232-8126

### **Critical Hours After School Program Our Lady of the Sacred Heart School**

Phone: (619) 284-1715

### **Critical Hours After School Program San Diego Youth & Community Services (SDYCS) - Youth Education Town**

Phone: (619) 325-4696

**Critical Hours After School Program  
Sherman Heights Community Center  
- Our Lady's School**

Phone: (619) 233-8889

**Coalition of Neighborhood Councils  
(CNC)**

Youth Employment and Opportunity  
Program & Gang Prevention Initiative  
Phone: (619) 325-3580

**Community Circle Central**

Phone: (619) 515-3314

**Community Service**

Phone: (619) 232-6454

**CRC Health Group / Home Ave Clinic**

Phone: (877) 637-6237

**Euclid Avenue - Francis Torbert  
Center**

Phone: (888) 743-7526

**Family Health Center**

Phone: (619) 515-2300

**Diamond Neighborhoods Family  
Health Center**

Phone: (619) 515-2560

**Family Health Centers of San Diego**

Phone: (619) 515-2526/ (619) 515-2406

**Family Resource Center - Southeast**

Phone: (619) 236-7501

**Healthy Eating & Active Communities  
(HEAC)**

Phone: (619) 583-0532

**Holly Drive Leadership Academy**

Phone: (619) 266-7333

**Home-School Partnership / Families  
and Schools Together (FAST)**

Phone: (619) 232-6454

**Home Start**

Phone: (619) 229-3660

**Horn of Africa**

Phone: (619) 583-0532

Phone: (619) 583-0256

**Inner City Youth**

Phone: (619) 527-7154

**International Rescue Committee  
(IRC)**

Phone: (619) 641-7510

**Jewish Family Services  
North County Inland**

Phone: (858) 674-6441

**La Maestra Community Health  
Centers**

Phone: (619) 280-4213

**Logan Heights Family Health Center**

Phone: (619) 515-2300

**MAAC - Barrio Logan Service Center**

Phone: (619) 255-7284

**MAAC - Mercado Community  
Development Office**

Phone: (619) 237-0661

**Mental Health Services Outpatient  
Adults, Older Adults Family Health  
Center**

**Logan Heights Family Counseling  
Center**

Phone: (619) 515-2355

**Metro Career Center**

Phone: (619) 516-2200

**Metro-United Methodist Urban  
Ministry  
PROGRAM OFFICES**

Phone: (619) 263-7171 Ext 2227

**Metro-United Methodist Urban  
Ministry  
GOOD NEIGHBOR CENTERS**

Chollas View

Phone: (619) 264 – 0368

**Mid City for Youth Substance Abuse  
Momentum Team**

Phone: (619) 283-9624

**The Mid-City CAN**

Phone: (619) 283-9624

**NFL Youth Education Town (YET)  
Golden Hills**

Phone: (619) 640-8993

**Palavra Tree-Central South West  
Teen Recovery Center**

Phone: (619) 238-7393

**Pan Asian High Risk Youth  
Mentorship**

Phone: (619) 232-6454

**Parent Assistance Center**

Phone: (619) 232-6454

**Peer Academic Mentoring Program  
(PAMPER)**

Phone: (619) 232-6454

**Planned Parenthood - City Heights  
Express Clinic**

Phone: (888) 743-7526

**Power Up!**

Phone: (619) 232-6454

**Pro Kids (The First Tee San Diego)**

Phone: (619) 582-7884

**Public Health Center**

Phone: (619) 229-5400

**Reality Changers (Agentes de  
Cambio)**

Phone: (619) 516-2216

Phone: (619) 516-2218

**San Diego Asian Youth Organization  
(SDAYO)**

Phone: (619) 232-6454

**San Diego Girls Club**

Phone: (619) 233-7722

**San Diego Urban League**

Phone: (619) 263-3115

**San Diego Youth and Community  
Services: Teen Options**

Phone: (619) 521-2250

**San Diego Youth and Community  
Services- Central**

Phone: (619) 221-8600

**San Diego Youth and Community  
Services Youth Education Town**

Phone: (619) 325-4696

**School-to-Career Intermediary  
System, San Diego Workforce  
Partnership**

Phone: (619) 228-2900

**School-to-Career Intermediary Team**

Phone: (619) 228-2900

**Sherman Heights Community Center**

Phone: (619) 232-5181 Ext 17

**Social Advocates for Youth (SAY)**

Phone: (858) 565-4148

**South Metro Career Center / Youth  
Services**

Phone: (619) 266-4298



**Southcrest Park Recreation Center**

Teen Center: (619) 527-3442

Phone: (619) 527-3413

**Southeast Mental Health Clinic**

Phone: (619) 595-4400

**Star/Pal**

Phone: (619) 531-2718

**Teen Center**

Phone: (619) 527-3413

**Teen Health Center**

Phone: (619) 515-2333

**Teen Options**

Phone: (619) 521-2250

**Teen Speak: 10,000 Cranes**

Phone: (619) 232-6454

**Toussaint Academy of the Arts and Sciences (TAAS)**

Phone: (619) 446-2100

**San Diego County Office of Education and Juvenile Court & Community**

**Schools (SDCOE/JCCS) -  
Transitioning Youth N' Motion /  
Youth One-Stop Career Centers**

Metro Youth One Stop Career Center

Phone: (619) 516-2200

**UPAC - Pan Asian High Risk Youth  
Mentorship**

Phone: (619) 232-6454

**UPAC - Parent Assistance Center**

Phone: (619) 232-6454

**UPAC - Peer Academic Mentoring  
Program (PAMPER)**

Phone: (619) 232-6454

**UPAC - San Diego Asian Youth  
Organization (SDAYO)**

Phone: (619) 232-6454

**U.S. Naval Sea Cadet Corps**

Phone: 858-598-5951

**YMCA Copley Family**

Phone: (619) 283-2251

**YMCA Jackie Robinson Family**

Phone: (619) 264-0144

**YMCA of San Diego County Mercado  
Apartments**

Phone: (619) 543-9850

**Youth Day Center (YDC) Metro**

Phone: (619) 266-6060

## **District 5**

### **Epicentre**

Phone: (858) 271-4000

### **Harmonium - Counseling Programs**

Phone: (858) 566-5740

### **Harmonium - Youth Programs**

Phone: (858) 271-4000

### **Harmonium - Children's Programs**

Phone: (858) 684-3080

### **McAllister Institute (MITE)**

Phone: (858) 578-5612

### **MHS Outpatient**

Phone: (858) 487-9050

### **Mind Treasures**

Phone: (858) 335-3608

### **San Diego Youth and Community Services- East**

Phone: (619) 258-6877

### **UCSD BRIGHT Families Project**

Phone: (858) 530-3200

### **UPAC**

Phone: (619) 232-6454

## **District 6**

### **ADS Justice Programs - Juvenile Drug Court**

South Adolescents Mental Health Systems Inc.  
Phone: (619) 694-4364

**Alcohol and Drug Services (ADS): McAlister Institute (MITE) - North Central Teen Recovery Center**  
Phone: (858) 578-5612

**Phoenix House - Beach Area - Teen Recovery Center (Drug Medi-Cal only)**  
Phone: (619) 226-2663

**Alliance Healthcare Foundation**  
Phone: (858) 874-3788

**Beach Area Family Health Center**  
Phone: (619) 515-2444 Ext.3705

**Beach Area Women's Health Center**  
Phone: (619) 876-4420

**Boys and Girls Club Linda Vista / Roberts Branch**  
Phone: (858) 277-6670

**California Black Health Network**  
Phone: (619) 295-5413

**Center for Community Solutions (CCS) Coastal Location**  
Phone: (858) 272-5777

**Child Care Resource Services**  
Phone: (619) 521-3055

**The Children's Initiative**  
Phone: (858) 581-5880

### **Children's Outpatient Psychiatry - Riley School**

Phone: (585) 496-8205

### **Community Health Improvement Partners (CHIP)**

Phone: (858) 614-1554

**Continuation and alternative schools**  
Phone: (858) 292-3500

**County Health Services Complex**  
Phone: (619) 692-8550

**CRC Health Group / Fashion Valley Clinic**  
Phone: (877) 637-6237

**Critical Hours After School Program Boys & Girls Club of Inland North County Mitchell Branch, North Inland Linda Vista**  
Phone: (858) 751-0611

**Critical Hours After School Program San Diego Youth & Community Services (SDYCS) - Harbison Canyon Community Center**  
Phone: (619) 258-6877

**Critical Hours After School Program - Center for Community Solutions, Pacific Beach Middle School**  
Phone: (858) 272-5777

**Countywide Foster Care Walden Family Services FFA**  
Phone: (619) 584-5777

**Developmental Evaluation Clinic**  
Phone: (858) 966-5817

**Family and Youth Transition Center**  
Phone: (858) 560-0871 Ext.106

**Family Resource Center - Kearny Mesa**  
Phone: (619) 767-5206

**Family Resource Center - Mission Valley**  
Phone: (858) 565-5598

**Home Start**  
Phone: (619) 692-0727

**Jewish Family Services Main Office**  
Phone: (858) 637-3000

**Jewish Family Services On the Go**  
Phone: (877) 63-GO-JFS

**Juvenile Courts**  
Phone: 858-634-1675

**Juvenile Diversion Residential-YMCA**  
Phone: (858) 270-8213

**Linda Vista Teen Center**  
Phone: (858) 751-0611

**Mark Twain High School, Alternative School**  
Phone: (858) 496-8260

**McAlister Institute (MITE)**  
Phone: (858) 578-5612

**Mental Health Resources**  
Phone: (858) 573-2227

**Mental Health Systems Inc. (MHS)**  
Phone: (858) 573-2600

**Mental Health Systems Inc. (MHS)– Families Forward**  
Phone: (858) 380-4676

**Mental Health Systems Inc. (MHS) Steps – Adolescent Day Treatment and Outpatient**  
Phone: (858) 565-2510

**Mental Health Systems Inc. (MHS) Caring Helpers**  
Phone: (858) 292-0903

**MHS Outpatient**  
Developmental Evaluation Clinic  
Phone: (858) 966-5817

**MHS Outpatient**  
Countywide Children, Adolescents & Young Adults Therapeutic Behavioral Services (TBS)  
Phone: (619) 584-5000

**Mission Bay - Parker Clinic**  
Phone: (888) 743-7526

**Mobile Adolescent Services Team**  
Phone: (619) 398-3261

**New Alternative / Foster Family Agency**  
Phone: (858) 278-1137

**Pacific Beach Express - Mimi Brien Center**  
Phone: (888) 743-7526

**Phoenix House Beach Area Teen Recovery Center (TRC)**  
Phone: (619) 226-2663

**Planned Parenthood Mission Valley Express Clinic**  
Phone: (888) 743-7526

**Rady Children's Hospital -  
Developmental Evaluation Clinic**  
Phone: (858) 966-5817

**Riley School - Children's Outpatient  
Psychiatry**  
Phone: (858) 496-8205

**San Diego Alliance for Asian Pacific  
Islander Americans**  
Phone: (858) 405-3326

**San Diego Black Health Associates**  
Phone: (619) 299-0411

**San Diego Center for Children**  
Phone: (858) 277-9550

**San Diego County Foster Youth  
Mentor Program**  
Phone: (858) 503-2626

**San Diego City Schools' Mental  
Health Resource Center (MHRC)**  
Phone: (858) 573-2227

**San Diego Workforce Partnership's  
Youth Division**  
**ACCESS, Inc. - YES Transition  
Network**  
Phone: (858) 560-0871

**San Diego County Office of Education  
and Juvenile Court & Community  
Schools (SDCOE/JCCS) -  
Transitioning Youth N' Motion /  
Youth One-Stop Career Centers Work  
Readiness - Youth One Stop Career  
Center**  
Phone: (858) 571-7259

**San Diego Youth and Community  
Services (SDYCS)**  
Phone: (619) 221-8600

**San Diego Youth and Community  
Services (SDYCS)**  
Breaking Cycles Program  
Phone: 858-492-2300

**Social Advocates for Youth (SAY)**  
Phone: (858) 565-4148

**SAY San Diego - Juvenile Diversion  
and Prevention**  
Phone: (619) 582-9056, x211

**Tariq Khamisa Foundation (TKF)**  
Phone: (858) 565-0800

**Work Readiness - Youth One Stop  
Career Center**  
Phone: (858) 571-7259

**YMCA - Childcare Resource Service  
(CRS)**  
Phone: (619) 521-3055

**YMCA- Mission Valley**  
Phone: (858) 496-9622

**YMCA- Toby Wells**  
Phone: (619) 298-3576

## **District 7**

### **Able-Disabled**

#### **Central San Diego**

Phone: (619)231-5990

### **Central San Diego Teen Recovery Center (TRC)**

Phone: (619) 325-4696

### **City Heights Community**

#### **Development Corporation (CHCDC)**

Phone: (619) 584-1535

### **Planned Parenthood - City Heights Express Clinic**

Phone: (888)743-7526

### **City Heights Family Health Center**

Phone: (619) 515-2400

### **Community Assessment Teams (CATs) -Central**

Phone: (619) 283-9624

### **Community Assessment Teams (CATs)- Mid City Family Resource Center**

Phone: (619) 283-9624 x208

### **CRC Health Group/ Home Avenue Clinic**

Phone: (877) 637-6237

### **Critical Hours After School Program Our Lady of the Sacred Heart School**

Phone: (619) 284-1715

### **Critical Hours After School Program San Diego Youth & Community Services (SDYCS) - Youth Education Town**

Phone: (619) 325-4696

### **The Critical Hours After School Program**

#### **YMCA of San Diego DePortola Middle School**

Phone: (619) 543-9850

### **Crash Options for Recovery**

Phone: (619) 229-8201

### **Family Resource Center - Northeast**

Phone: (619) 464-5701

### **Health Center**

Phone: (619) 662-4100

### **Home Start**

Phone: (619) 229-3660

### **Horn of Africa**

Phone: (619) 583-0532

Phone: (619) 583-0256

### **International Rescue Committee (IRC)**

Phone: (619) 641-7510

### **Jewish Family Services**

#### **College Avenue Senior Center**

Phone: (619) 583-3300

### **La Maestra Community Health Centers**

Phone: (619) 280-4213

### **Metro Career Center**

Phone: (619) 516-2200

### **Mid-City CAN**

Phone: (619) 283-9624

### **Mid City for Youth Substance Abuse Momentum Team**

Phone: (619) 283-9624

**Planned Parenthood**

Phone: 1-888-743-PLAN (7526)

**Pro Kids (The First Tee San Diego)**

Phone: (619) 582-7884

**Public Health Center**

Phone: (619) 229-5400

**Reality Changers (Agentes de Cambio)**

Phone: (619) 516-2216

Phone: (619) 516-2218

**San Diego County Office of Education and Juvenile Court & Community Schools (SDCOE/JCCS) -**

**Transitioning Youth N' Motion /**

**Youth One-Stop Career Centers**

Metro Youth One Stop Career Center

Phone: (619) 516-2200

**San Diego Youth and Community Services (SDYCS)**

**Youth Education Town (YET)**

Phone: (619) 325-4696

**San Diego Youth & Community Services (SDYCS) -Teen Options**

Phone: (619) 521-2250

**Social Advocates for Youth (SAY)**

Phone: (858) 565-4148

**SAY San Diego - Juvenile Diversion and Prevention**

Phone: (619) 582-9056, x211

**School-to-Career Intermediary System**

**San Diego Workforce Partnership, Incorporation**

Phone: (619) 228-2900

**Sherman Heights Community Center**

Phone: (619) 232-5181 Ext.17

**Star/Pal**

Phone: (619) 531-2718

**Unity Tech**

Phone: (619) 287-8182

**YMCA -Copley Family**

Phone: (619) 283-2251

**YMCA -DePortola Middle School**

Phone: (619) 543-9850

## **District 8**

### **2<sup>nd</sup> Step Program**

Baker Elementary

Phone: (619) 264-3139

Knox Elementary

Phone: (619) 262-2473

Perkin Elementary

Phone: (619) 525-7482

### **ADS Justice**

#### **Programs-Adult Drug Court**

Adults, Older Adults Mental Health Systems

County Center for Change

Phone: (619) 429-4117

### **Alcohol and Drug Services ADS- Palavra Tree**

Central South West Teen Recovery Center

Phone: (619) 238-7393

### **Alcohol and Drug Services ADS- Palavra Tree**

Central South East Teen Recovery Center

Phone: (619) 263-7768

### **Alternative School**

#### **Garfield High School**

Phone: (619) 525-2059

### **API Teen Suicide Prevention**

Phone: (619) 232-6454

### **Barrio Youth Center**

Phone: (619) 238-0314

### **Boys and Girls Club of Greater San Diego Central**

Phone: (858) 866-0591

### **Boys and Girls Club**

#### **Logan Heights/ W.J Oakes Branch**

Phone: (619) 525-1739

### **Casa Familiar**

Phone: (619) 428-1115

### **Catholic Charities**

Phone: (619) 231-2828

### **Community Assessment Teams (CATs)**

South County

Phone: (619) 420-3620

### **Community Assessment Teams (CATs) Info:**

c/o SAY San Diego and Mid City Family Resource Center

Phone: (619) 283-9624

### **Community Circle Central**

Phone: (619) 515-3314

### **Community Initiatives for Children and Families**

#### **Health and Human Services Agency**

Phone: (619) 515-6543

### **Critical Hours After School Program**

#### **Sherman Heights Community Center -**

#### **Our Lady's School**

Phone: (619) 233-8889

### **Critical Hours After School Program**

Barrio Youth Center

Phone: (619) 238-0314

### **Critical Hours - Greater Golden Hill**

#### **Community Development - Youth**

#### **Education Town**

92102 / Phone: (619) 696-9992 or SDYCS

YET (619) 232-8126

Phone: (619) 640-8993

### **Critical Hours After School Program**

Mar Vista Middle School

Phone: (619) 543-9850



**Critical Hours After School Program**  
Southwest Middle School  
Phone: (619) 543-9850

**Critical Hours After School Program**  
Mercado Apartments  
Phone: (619) 543-9850

**Downtown Family Health Center**  
Phone: (619) 515-2525

**Family Health Center**  
(619) 515-2300

**Family Justice Center**  
Phone: 1-866-933-4673

**Family Resource Center – Metro**  
Phone: (858) 694-3900

**Family Resource Center - Southeast**  
Phone: (619) 236-7501

**First Avenue Family Planning Clinic -  
Michelle Wagner Center**  
Phone: (888) 743-7526

**Food Bank**  
Phone: (858) 527-1419 or (866) 350-3663

**Holly Drive Leadership Academy**  
Phone: (619) 266-7333

**Home-School Partnership / Families and  
Schools Together (FAST)**  
Phone: (619) 232-6454

**House of Metamorphosis**  
Phone: (619) 236-9492

**Inner City Youth**  
Phone: (619) 527-7154  
**Legal Aid Society of San Diego**  
Phone: 1-877-534-2524

**MAAC - Barrio Logan Service Center**  
Phone: (619) 255-7284

**MAAC - Mercado Community  
Development Office**  
Phone: (619) 237-0661

**MAAC - San Ysidro Service Center**  
Phone: (619) 428-1139

**Mental Health Services Outpatient**  
Logan Heights Family Counseling Center  
Phone: (619) 515-2355

**Metro Region Community Day Schools**  
Phone: (619) 233-2801

**Metro-United Methodist Urban Ministry  
Re-entry Program (17-24 to Adults)**  
Phone: (619) 285-5556

**Metro-United Methodist Urban Ministry  
GOOD NEIGHBOR CENTERS  
Emergency Food and Clothing**  
Phone: (619) 264-0368

**Metro-United Methodist Urban Ministry  
GOOD NEIGHBOR CENTERS  
Emergency Food**  
Phone: (619) 429-0802

**MHS Outpatient South Adults, Older  
Adults CRF/Maria Sardinias Center**  
Phone: (619) 428-1000

**National Conflict Resolution Center**  
Phone: (619) 238-2400

**New Beginnings**  
Phone: (619) 515-6543

**NFL Youth Education Town (YET)  
Golden Hills**  
Phone: (619) 232-8126

**Otay Mesa Chamber of Commerce**  
Phone: (619) 661-6111

**Otay Mesa / Nestor Planning Group**  
Phone: (619) 869-5826

**Otay Mesa Recreation Council**  
**Silver Wing Park**  
Phone: (619) 424-0465

**Palavra Tree-Central South East Teen**  
Recovery Center  
Phone: (619) 238-7393

**Pan Asian High Risk Youth Mentorship**  
Phone: (619) 232-6454

**Parent Assistance Center**  
Phone: (619) 232-6454

**Peer Academic Mentoring Program**  
**(PAMPER)**  
Phone: (619) 232-6454

**Power Up!**  
Phone: (619) 232-6454

**San Diego Asian Youth Organization**  
**(SDAYO)**  
Phone: (619) 232-6454

**San Diego County Office of Education**  
**and Juvenile Court and Community**  
**Schools (SDCOE/JCCS), Transitioning**  
**Youth N' Motion**  
Metro Youth One Stop Center  
Phone: (619) 233-2814

**San Diego Girls Club**  
Phone: (619) 233-7722

**San Diego Housing Federation**  
Phone: (619) 239-6693

**San Diego Prevention Coalition**  
Phone: (619) 557-6635

**San Diego Urban League**  
Phone: (619) 263-3115

**San Diego Workforce Partnership's**  
**Youth Programs**  
**ACCESS, Inc. - Centro de Capacitación**  
**Toribio Romo**  
Phone: (858) 560-0871 Ext 106

**San Diego Youth and Community**  
**Services- Central**  
Phone: (619) 221-8600

**San Ysidro Health Center**  
Phone: (619) 662-4100  
Phone: (619) 662-4123

**San Ysidro - Otay Rotary Club**  
Phone: (619) 662-1200 ext.112

**San Ysidro Recreation Council**  
Phone: (619) 424-0464

**San Ysidro Planning**  
Phone: (619) 428-4476

**South Metro Career Center / Youth**  
**Services**  
Phone: (619) 266-4298

**South Bay Community Services**  
Phone: (619) 420-3620

**South Bay Community Services (SBCS),**  
**San Ysidro Middle School**  
Phone: (619) 420-8722

**Southeast Mental Health Clinic**  
Phone: (619) 595-4400

**Stand Up For Kids**  
Phone: (800) 365-4KID

**Teen Center**  
Phone: (619) 527-3413

**Teen Court**

Phone: (619) 533-6014

**Teen Health Center**

Phone: (619) 515-2333

**Teen Speak: 10,000 Cranes**

(619) 232-6454

**Toussaint Academy of the Arts and Sciences (TAAS)**

Phone: (619) 446-2100

**Toribio Romo – Centro de Capacitación**

Phone: (858) 560-0871 ext.106

**Southcrest Park Recreation Center**

Phone: (619) 527-3413

Teen Center: (619) 527-3442

**UPAC - Pan Asian High Risk Youth Mentorship**

Phone: (619) 232-6454

**UPAC - Parent Assistance Center**

Phone: (619) 232-6454

**UPAC - Peer Academic Mentoring Program (PAMPER)**

Phone: (619) 232-6454

**UPAC - San Diego Asian Youth Organization (SDAYO)**

Phone: (619) 232-6454

**U.S. Naval Sea Cadet Corps**

92126/ Phone: 858-598-5951

**Women, Infants & Children (WIC) Facilities**

San Ysidro WIC: (619) 662-4199

Imperial Beach WIC: (619) 429-0354

National City WIC: (619) 477-0873

Chula Vista WIC: (619) 426-7966

**YMCA Border View**

Phone: (619) 428-1168

**YMCA Downtown**

Phone: (619) 232-7451

**YMCA Jackie Robinson Family**

Phone: (619) 264-0144

**Youth Day Center (YDC) Metro**

Phone: (619) 266-6060

# SERVICE INDEX

## [After School Programs](#)

**Borrego Springs Middle School**

Phone: (760) 767-5335 Ext 102

**Boys & Girls Club - Linda Vista Branch**

Phone: (858) 751-0611

**Boys & Girls Club - Encanto Branch**

Phone: (619) 263-6407

**Boys & Girls Club Valley - Center Middle School**

Phone: (760) 746-3315

**Boys & Girls Club of San Dieguito - Polster Branch**

Phone : (858) 755-9371

**Center For Community Solutions (CCS) - Pacific Beach Middle School**

Phone: (858) 272-5777

**Child Care Resource Services**

Phone: (619) 521-3055

**Communities Against Substance Abuse**

Phone: (619) 442-2727

**Communities Against Substance Abuse (CASA) - Bostonia Recreation Center**

Phone: (619) 442-2727

**Communities Against Substance Abuse (CASA) - Cajon Valley Middle School**

Phone: (619) 441-1680

**Communities Against Substance Abuse (CASA) - El Cajon Boys & Girls Clubhouse**

Phone: (619) 440-1600

**County of San Diego, Parks and Recreation - Lakeside Community Center**

Phone: (619) 443-4169

**County of San Diego, Parks and Recreation - Spring Valley Teen Center**

Phone: (619) 479-0312

**Critical Hours Programs/ Six to Six program**

Barrio Youth Center

Phone: (619) 238-0314

**Greater Golden Hill Community Development - Youth Education Town**

Phone: (619) 640-8993

**Harmonium - Children's Programs**

Phone: (858) 684-3080

**Harmonium - Counseling Programs**

Phone: (858) 566-5740

**Harmonium/ Epicentre - Youth Programs**

Phone: (858) 271-4000

**Hope through Housing Foundation - Vista del Sol (After School & Beyond program)**

Phone: (619) 477-6708

**Mason Elementary School**

Phone: (619) 232-6454

**Our Lady of the Sacred Heart School**

Phone: (619) 284-1715

**San Diego Youth & Community Services (SDYCS) - Youth Education Town**

Phone: (619) 325-4696

**San Diego Youth & Community Services  
(SDYCS) - Harbison Canyon Community  
Center**

Phone: (619) 258-6877

**Sherman Heights Community Center**

Phone: (619) 232-5181 Ext 17

**Sherman Heights Community Center -  
Our Lady's School**

Phone: (619) 233-8889

**Social Advocates for Youth (SAY)**

Phone: (858) 565-4148

**South Bay Community Services -  
National City Middle School**

Phone: (619) 420-8722 Ext 120

**South Bay Community Services - San  
Ysidro Middle School**

Phone: (619) 420-8722

**Unity Tech**

Phone: (619) 287-8182

**YMCA - Balboa Park Community Center**

Phone: (619) 543-9850

**YMCA- Border View**

Phone: (619) 428-1168

**YMCA - Castle Park Middle School**

Phone: (619) 543-9850

**YMCA - Childcare Resource Service  
(CRS)**

Phone: (619) 521-3055

**South County Office**

Phone: (619) 474-4707

**YMCA - Chula Vista Middle School**

Phone: (619) 543-9850 Ext 112

**YMCA - County Hilltop Middle School**

Phone: (619) 543-9850 Ext 112

**YMCA - County Southwest Middle**

Phone: (619) 543-9850

**YMCA- Copley Family**

Phone: (619) 283-2251

**YMCA - DePortola Middle School**

Phone: (619) 543-9850

**YMCA- Downtown**

Phone: (619) 232-7451

**YMCA- Jackie Robinson Family**

Phone: (619) 264-0144

**YMCA- La Jolla**

Phone: (858) 453-3483

**YMCA- Mission Valley**

Phone: (619) 298-3576

**YMCA - Jackie Robinson Family YMCA**

Phone: (619) 264-0144

**YMCA - Mar Vista Middle School**

Phone: (619) 543-9850

**YMCA - Mercado Apartments**

Phone: (619) 543-9850

**YMCA- Peninsula Family**

Phone: (619) 266-8888

**YMCA- Toby Wells**

Phone: (858) 496-9622

**YMCA-San Diego County President John  
Adams Apartments**

Phone: (619) 543-9850

## **Child Care & Child Care Resources**

### **Chicano Federation**

Phone: (619) 285-5600

### **Harmonium - Children's Programs**

Phone: (858) 684-3080

### **Harmonium/ Epicentre - Youth Programs**

Phone: (858) 271-4000

### **Social Advocates for Youth (SAY)**

Phone: (858) 565-4148

### **YMCA - Balboa Park Community Center**

Phone: (619) 543-9850

### **YMCA- Border View**

Phone: (619) 428-1168

### **YMCA - Castle Park Middle School**

Phone: (619) 543-9850

### **YMCA - Childcare Resource Service (CRS)**

Phone: (619) 521-3055

### **South County Office**

Phone: (619) 474-4707

### **YMCA - Chula Vista Middle School**

Phone: (619) 543-9850 x112

### **YMCA - County Hilltop Middle School**

Phone: (619) 543-9850 x112

### **YMCA - County Southwest Middle**

Phone: (619) 543-9850

### **YMCA- Copley Family**

Phone: (619) 283-2251

### **YMCA - DePortola Middle School**

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### **YMCA- Downtown**

Phone: (619) 232-7451

### **YMCA- Jackie Robinson Family**

Phone: (619) 264-0144

### **YMCA- La Jolla**

Phone: (858) 453-3483

### **YMCA- Mission Valley**

Phone: (619) 298-3576

### **YMCA - Mar Vista Middle School**

Phone: (619) 543-9850

### **YMCA - Mercado Apartments**

Phone: (619) 543-9850

### **YMCA- Peninsula Family**

Phone: (619) 266-8888

### **YMCA- Toby Wells**

Phone: (858) 496-9622

### **YMCA - San Diego County President John Adams Apartments**

Phone: (619) 543-9850

## **Counseling Services**

### **Catholic Charities - The Center for Counseling**

Phone: (619) 231-2828

### **The Center - The San Diego Lesbian, Gay, Bisexual, Transgender Community Center**

Phone: (619) 692-2077

### **The Center - The San Diego Lesbian, Gay, Bisexual, Transgender Community Center-Youth Center**

Phone: (619) 497-2920, x113

### **Center for Community Solutions (CCS)**

24-hour toll-free crisis line:  
(888)-DVLINKS (385-4657)

### **CCS Coastal Location**

Phone: (858) 272-5777

### **CCS East County Location:**

Phone: (619) 697-7477

### **City Heights Wellness Center**

Phone: (619) 321-2920

### **College Avenue Senior Center**

Phone: (619) 583-3300

### **County of San Diego - Emergency Screening Unit (ESU)**

Phone: (619) 421-6900

### **CO-OP (Town Park Villas)**

Phone: (858) 453-0182

### **Fleet & Family Support Center**

Naval Base San Diego (619)556-7404  
Naval Base Coronado (619) 545-6071  
Murphy Canyon Branch (858) 277-4259

### **Harmonium - Children's Programs**

Phone: (858) 684-3080

### **Harmonium - Counseling Programs**

Phone: (858) 566-5740

### **Harmonium/ Epicentre - Youth Programs**

Phone: (858) 271-4000

### **Home Start**

Phone: (619) 692-0727

### **Integrated Services Program**

### **Senior Services Information & Referral**

Phone: (858) 637-3040

### **Jewish Family Services**

Phone: (858) 674-6441

### **North County Inland**

Turk Family Center

Phone: (858) 637-3000

### **Jewish Family Services**

### **HIV Services**

Phone: (619) 325-0522

### **On the Go**

Phone: (877) 63-GO-JFS

### **Peninsula Family YMCA**

Phone: (619) 266-8888

### **Riley School - Children's Outpatient Psychiatry**

Phone: (858) 496-8205

### **SAY San Diego - Juvenile Diversion and Prevention**

Phone: (619) 582-9056, x211

### **SAY San Diego - Project L.I.V.E.**

Phone: (619) 263-3009, x2255



**South Bay Community Services (SBCS)**  
Phone: (619) 420-3620

**University City Senior Center**  
Phone: (858) 550-5998

**YMCA - Balboa Park Community Center**  
Phone: (619) 543-9850

**YMCA- Border View**  
Phone: (619) 428-1168

**YMCA - Castle Park Middle School**  
Phone: (619) 543-9850

**YMCA - Childcare Resource Service (CRS)**  
Phone: (619) 521-3055  
**South County Office**  
Phone: (619) 474-4707

**YMCA - Chula Vista Middle School**  
Phone: (619) 543-9850 x112

**YMCA - County Hilltop Middle School**  
Phone: (619) 543-9850 x112

**YMCA - County Southwest Middle**  
Phone: (619) 543-9850

**YMCA- Copley Family**  
Phone: (619) 283-2251

**YMCA - DePortola Middle School**  
Phone: (619) 543-9850

**YMCA- Downtown**  
Phone: (619) 232-7451

**YMCA- Jackie Robinson Family**  
Phone: (619) 264-0144

**YMCA- La Jolla**  
Phone: (858) 453-3483

**YMCA- Mission Valley**  
Phone: (619) 298-3576

**YMCA - Mar Vista Middle School**  
Phone: (619) 543-9850

**YMCA - Mercado Apartments**  
Phone: (619) 543-9850

**YMCA- Peninsula Family**  
Phone: (619) 266-8888

**YMCA- Toby Wells**  
Phone: (858) 496-9622

**YMCA - San Diego County President John Adams Apartments**  
Phone: (619) 543-9850

## **County Government Services**

**Family Resource Center - Kearny Mesa**  
Phone: (858) 565-5598

**Family Resource Center – Metro**  
Phone: (619) 744-5101

**Family Resource Center - Mission Valley**  
Phone: (619) 236-7501

**Family Resource Center - Northeast**  
Phone: (619) 464-5701

**Family Resource Center - Southeast**  
Phone: (619) 767-5206

## **Disabled Services**

### **Able-Disabled Advocacy (A-DA)**

Phone: (619) 231-5990

## **Education& Adult Literacy**

### **Coalition of Neighborhood Councils (CNC)**

Phone: (619) 325-3580

### **Continuation and alternative schools**

Phone: (858) 292-3500

### **Grossmont Union High School District/East County Career Center GUHSD Out-of-School Program**

Phone: (619) 590-3900

### **Holly Drive Leadership Academy**

Phone: (619)266-7333

### **Inner City Youth of San Diego (ICY)**

Phone: (619) 527-7154

### **International Rescue Committee (IRC)**

Phone: (619) 641-7510

### **Metro Youth One Stop Career Center**

Phone: (619) 516-2200

### **NFL Youth Education Town Golden Hills**

Phone: (619) 232-8126

### **Read/ San Diego**

Phone: (619) 527-5475

### **Reality Changers (Agentes de Cambio)**

Phone: (619) 516-2216

### **San Diego Center for Children**

Phone: (858) 277-9550

### **San Diego Girls' Alliance**

Phone: (619) 384-2573

### **San Diego Girls Club**

Phone: (619) 233-7722

### **San Diego Urban League**

Phone: (619) 266-6256

### **San Diego Workforce Partnership's Youth Division**

ACCESS, Inc. - YES Transition Network

South County Region, Chula Vista Mall

Phone: (858) 560-0871, ext. 106

### **San Diego County Office of Education and Juvenile Court & Community Schools**

(SDCOE/JCCS) - Transitioning Youth N'

Motion / Youth One-Stop Career Centers

East County Youth One Stop Career

Center, East Region Community Schools

Phone: (619) 668-8744

### **San Diego Youth and Community Services (SDYCS) - Youth Education Town**

Phone: (619) 325-4696

### **South Bay Community Services - South Bay Transitioning Youth Project**

Phone: (619) 420-3620

### **South County Career Center**

Phone: (858) 560-0871 ext.106

### **South County Youth One Stop Career Center**

Phone: (619) 470-5218

**South Metro Career Center**  
Phone: (619) 266-4200

**YES Transition Network**  
Phone: (858) 560-0871

**School-to-Career Intermediary Team**  
Phone: (619) 228-2900

**Youth One Stop Career Center**  
Phone: (858) 571-7259

**Toribio Romo – Centro de Capacitación**  
Phone: (619) 628-0300

**Youth One Stop Career Center-Metro Region**  
Phone: (619) 233-2814

**U.S. Naval Sea Cadet Corps**  
Phone: 858-598-5951

### **Emergency Food Programs**

**San Diego Food Bank**  
Phone: (858) 527-1419 or (866) 350-3663

### **Employment Services & Job Training**

**Able-Disabled Advocacy (A-DA)**  
Phone: (619) 231-5990

**Family Resource Center - Kearny Mesa**  
Phone: (858) 565-5598

**Black Contractors Association (BCA) - YouthBuild**  
Phone: (619) 263-9791

**Family Resource Center – Metro**  
Phone: (619) 744-5101

**California Conservation Corps (CCC)**  
Phone: (800) 952-JOBS (5627)

**Family Resource Center - Mission Valley**  
Phone: (619) 767-5206

**Center for Employment Training (CET) of San Diego**  
Phone: (619) 233-6829

**Family Resource Center - Northeast**  
Phone: (619) 464-5701

**Chicano Federation**  
Phone: (619) 285-5600

**Family Resource Center - Southeast**  
Phone: (619) 236-7501

**Coalition of Neighborhood Councils (CNC)**  
Phone: (619) 325-3580

**Fleet & Family Support Center**  
Naval Base San Diego (619) 556-7404  
Naval Base Coronado (619) 545-6071  
Murphy Canyon Branch (858) 277-4259

**East County Youth One Stop Career Center, East Region Community Schools**  
Phone: (619) 668-8744

**Grossmont Union High School District/East County Career Center GUHSD Out-of-School Program**  
Phone: (619) 590-3900

**International Rescue Committee (IRC)**  
Phone: (619) 641-7510

**Job Corps**  
Phone: (619) 429-4909 / (619) 575-2285 /  
(619) 429-8500

**MAAC Project**  
**Chula Vista Service Center**  
Phone: (619) 426-3595

**MAAC - Barrio Logan Service Center**  
Phone: (619) 255-7284

**MAAC - San Ysidro Service Center**  
Phone: (619) 428-1139

**San Diego Workforce Partnership's**  
**Youth Division**  
**ACCESS, Inc. - YES Transition**  
**Network**  
Phone: (858) 560-0871

**San Diego Workforce Partnership's**  
**Youth Division**  
**ACCESS, Inc. - YES Transition**  
**Network**  
**South County Region, Chula Vista Mall**  
Phone: (858) 560-0871 Ext. 106

**Coalition of Neighborhood Councils**  
**(CNC)**  
Phone: (619) 325-3580

**San Diego County Office of Education**  
**and Juvenile Court & Community**  
**Schools**  
**(SDCOE/JCCS) - Transitioning Youth N'**  
**Motion / Youth One-Stop Career Centers**  
**Metro Youth One Stop Career Center**  
Phone: (619) 516-2200

**South County Youth One Stop Career**  
**Center**  
Phone: (619) 470-5218

**School-to-Career Intermediary Team**  
Phone: (619) 228-2900

**South Metro Career Center**  
Phone: (619) 266-4200

**South Bay Community Services - South**  
**Bay Transitioning Youth Project**  
Phone: (619) 420-3620

**South County Career Center**  
Phone: (858) 560-0871 ext.106

**Toribio Romo – Centro de Capacitación**  
Phone: (619) 628-0300

**Turning The Hearts Center**  
Phone: (619) 691-9643

**U.S. Naval Sea Cadet Corps**  
Phone: 858-598-5951

**Youth One Stop Career Center**  
Phone: (858) 571-7259

**Youth One Stop Career Center Metro**  
**Region**  
Phone: (619) 233.2814

### **Faith Based Community Services**

**Chollas View Good Neighbor Center**

Phone: (619) 264 – 0368

**Reality Changers (Agentes de Cambio)**

Phone: (619) 516-2216

**Metro-United Methodist Urban Ministry**

Phone: (619) 285-5556

**Teen Challenge of Southern California**

Phone: (619) 265-0337

**Nestor Good Neighbor Center**

Phone: (619) 429 – 0802

### **Family Support Services**

**New Alternatives**

Phone: (858) 278-1137

**San Diego Urban League**

Phone: (619) 266-6256

### **Gang Prevention and Intervention**

**Coalition of Neighborhood Councils  
(CNC)**

Phone: (619) 325-3580

**SAY San Diego and Mid City Family  
Resource Center**

Phone: (619) 283-9624

**Community Assessment Teams (CATs)  
Info:**

Community Assessment Team, Central  
Phone: (619) 283-9624 Ext 208

**San Diego Workforce Partnership's  
Youth Division**

**ACCESS, Inc. - YES Transition  
Network**

Phone: (858) 560-0871

**Grossmont Union High School  
District/East County Career Center  
GUHSD Out-of-School Program**

Phone: (619) 590-3900

**San Diego County Office of Education  
and Juvenile Court & Community  
Schools**

**(SDCOE/JCCS) - Transitioning Youth N'  
Motion / Youth One-Stop Career Centers**  
East County Youth One Stop Career Center,  
East Region Community Schools

Phone: (619) 668-8744

**Metro Youth One Stop Career Center**

Phone: (619) 516-2200

**Metro Region**

Phone: (619) 233-2814

**SAY San Diego - Juvenile Diversion and  
Prevention**

Phone: (619) 582-9056 Ext 211  
**SAY San Diego - Project L.I.V.E.**  
Phone: (619) 263-3009 Ext. 2255

**School-to-Career Intermediary Team**  
Phone: (619) 228-2900

**Social Advocates for Youth (SAY)**  
Phone: (858) 565-4148

**South Bay Community Services - South Bay Transitioning Youth Project**  
Phone: (619) 420-3620

**South County Career Center**  
Phone: (858) 560-0871 ext.106

**South County Youth One Stop Career Center**  
Phone: (619) 470-5218

**South Metro Career Center**  
Phone: (619) 266-4200

**Tariq Khamisa Foundation (TKF)**  
Phone: (858) 565-0800

**Toribio Romo – Centro de Capacitación**  
Phone: (619) 628-0300

**Turning the Hearts Center - Gang Awareness through Mentoring and Education (GAME)**  
Phone: (619) 691-9643  
South County Region, Chula Vista Mall  
Phone: (858) 560-0871 Ext 106

**Unity Tech**  
Phone: (619) 287-8182

**UPAC - Pan Asian High Risk Youth Mentorship**  
Phone: (619) 232-6454

**U.S. Naval Sea Cadet Corps**  
Phone: 858-598-5951

**Youth One Stop Career Center**  
Phone: (858) 571-7259

### [Health Care Services](#)

**Beach Area Family Health Center**  
Phone: (619) 515-2444

**Beach Area Women's Health Center**  
Phone: (619) 876-4420

**Chase Avenue Family Health Center**  
Phone: (619) 515-2499

**Ciaccio Memorial Clinic**  
Phone: 619-515-2587

**City Height Family Health Center**  
Phone: 619-515-2400

**City Heights Wellness Center**  
Phone: (619) 321-2920

**County of San Diego - Emergency Screening Unit (ESU)**  
Phone: (619) 421-6900

**County of San Diego – Psychiatric Emergency Response Team (PERT)**  
Phone: call 911 and ask for “PERT”

**County of San Diego – San Diego Access & Crisis Line**  
Phone: (800) 479-3339

**CRC Health Group - El Cajon Clinic**  
Phone: (877) 637-6237

**CRC Health Group – Fashion Valley Clinic**  
Phone: (877) 637-6237

**CRC Health Group - Home Ave Clinic**  
Phone: (877)637-6237

**Crossroads Family Services**  
Phone: (619) 441-1907

**Dental Hygiene Clinic – Southwestern College**  
Phone: (619) 216-6665 Ext 4875

**Diamond Neighborhoods Family Health Center**  
Phone: (619) 515-2560

**Downtown Family Health Center**  
Phone: (619) 515-2525

**Family Health Centers of San Diego**  
Phone: (619) 515-2300

**La Maestra Community Health Centers**  
Phone: (619) 280-4213

**Logan Heights Family Health Center**  
Phone: (619) 515-2300

**North Park Family Health Center**  
Phone: (619) 515-2424

**Planned Parenthood**  
Appointments for all clinics in San Diego:  
(888) 743-PLAN (7526)

**Rady Children's Hospital - Developmental Evaluation Clinic**  
Phone: (858) 966-5817

**Teen Health Center**  
Phone: (619) 515-2333

**WIC (Women, Infants & Children)**  
Phone: (800) 500-6411

### **Health Education & Prevention**

**Breaking Cycles Program**  
Phone: (619) 221-8600

**City Heights Wellness Center**  
Phone: (619) 321-2920

**Healthy Steps**  
Phone: (619) 662-4199

**LifeSchool**  
Phone: (619) 575-4590

**Otay Family Health Center**  
Phone: (619) 205-1360

**Planned Parenthood**  
Appointments for all clinics in San Diego:  
(888) 743-PLAN (7526)

**Project B.R.O. (Brotherhood, Responsibility and Outreach)**  
Phone: (619)791-2610, ext 302

**San Diego Urban League**  
Phone: (619) 266-6256

**San Diego Youth and Community Services (SDYCS)**  
Phone: 858-492-2300

**San Ysidro Behavioral Health**  
Phone: (619) 428-5561

**San Ysidro Health Center**  
Phone: (619) 662-4100

**SAY San Diego - Vision Achievement  
Mentoring Partnership**  
Phone: (619) 582-9056  
**Social Advocates for Youth (SAY)**  
Phone: (858) 565-4148

**UCSD BRIGHT Families Project**  
Phone: (858) 530-3200

**Union of Pan Asian Communities (UPAC)**  
Phone: (619) 521-5720

**WIC (Women, Infants & Children)**  
Phone: (800) 500-6411

**WIC Chula Vista**  
Phone: (619) 426-7966

**WIC Imperial Beach**  
Phone: (619) 429-0354

**WIC National City**  
Phone: (619) 477-0873

**WIC San Ysidro**  
Phone: (619) 662-4199

**Youth Enhancement Services**  
Phone: (619) 428-5533

### **HIV & STD Services**

**Beach Area Family Health Center**  
Phone: (619) 515-2444

**Beach Area Women's Health Center**  
Phone: (619) 876-4420

**The Center - The San Diego Lesbian,  
Gay, Bisexual, Transgender Community  
Center**  
Phone: (619) 692-2077

**Chase Avenue Family Health Center**  
Phone: (619) 515-2499

**Chula Vista WIC**  
(619) 426-7966

**Ciaccio Memorial Clinic**  
Phone: (619) 515-2587

**City Height Family Health Center**  
Phone: (619) 515-2400

**Diamond Neighborhoods Family Health  
Center**  
Phone: (619) 515-2560

**Downtown Family Health Center**  
Phone: (619) 515-2525

**Family Health Centers of San Diego**  
Phone: (619) 515-2300

**Healthy Steps**  
(619) 662-4199

**Imperial Beach WIC**  
(619) 429-0354

**Integrated Services Program**  
Phone: (619) 325-0522

**LifeSchool**  
Phone: (619) 575-4590

**Logan Heights Family Health Center**  
Phone: (619) 515-2300



**Otay Family Health Center**  
Phone: (619) 205-1360

**National City WIC**  
Phone: (619) 477-0873

**North Park Family Health Center**  
Phone: (619) 515-2424

**Planned Parenthood**  
Appointments for all clinics in San Diego:  
(888) 743-PLAN (7526)

**San Diego Urban League**  
Phone: (619) 266-6256

**San Diego Youth & Community Services  
(SDYCS) - Teen Options**  
Phone: (619) 521-2250

**San Ysidro Behavioral Health**  
Phone: (619) 428-5561  
**San Ysidro Health Center**  
Phone: (619) 662-4100

**San Ysidro WIC**  
Phone: (619) 662-4199

**Teen Health Center**  
Phone: (619) 515-2333

**Youth Enhancement Services**  
Phone: (619) 428-5533

### **Housing Assistance**

**MAAC Project  
Chula Vista Service Center**  
Phone: (619) 426-3595

**MAAC - Barrio Logan Service Center**  
Phone: (619) 255-7284

**MAAC - San Ysidro Service Center**  
Phone: (619) 428-1139

**San Diego Youth & Community Services  
(SDYCS) - The Bride**  
Phone: (619) 521-3939 / 24-Hour Hotline:  
(866) 715-6405

**San Diego Youth & Community Service  
(SDYCS) - The Storefront**  
Phone: (619) 325-3527

**San Diego Youth & Community Services  
(SDYCS) - Teen Options**  
Phone: (619) 521-2250

**South Bay Community Services (SBCS)**  
Phone: (619) 420-3620

**Stand Up For Kids**  
Phone: (800) 365-4KID

**Toussaint Academy of the Arts and  
Sciences (TAAS)**  
Phone: (619) 687-1080

**YMCA - Turning Point Transitional  
Living Program**  
Phone: (619) 640-9774

### **Immigrant & Refugee Services**

**CO-OP (Town Park Villas)**  
Phone: (858) 453-0182

**College Avenue Senior Center**  
Phone: (619) 583-3300

**Horn of Africa**

Phone: (619) 583-0532 / (619) 583-0256

**International Rescue Committee (IRC)**

Phone: (619) 641-7510

**Jewish Family Services**

Phone: (858) 674-6441

**North County Inland**

Turk Family Center

Phone: (858) 637-3000

**On the Go**

Phone: (877) 63-GO-JFS

**Project B.R.O. (Brotherhood,  
Responsibility and Outreach)**

Phone: (619) 791-2610 Ext 302

**Senior Services Information & Referral**

Phone: (858) 637-3040

**University City Senior Center**

Phone: (858) 550-5998

### **Juvenile Courts and Juvenile Diversion Services**

**Barrio Station**

Phone: (619) 238-0314

**Boys and Girls Club of Greater San Diego  
Central**

Phone: (858) 866-0591

**Juvenile Courts**

Phone: (858) 634-1675

**San Diego Youth and Community  
Services- Central**

Phone: (619) 221-8600

**San Diego Youth and Community  
Services- East**

Phone: (619) 258-6877

**Social Advocates for Youth (SAY)**

Phone: (858) 565-4148

**South Bay Community Services**

Phone: (619) 420-3620

**Teen Court**

Phone: (619) 533-6014

### **Legal Services**

**Legal Aid Society of San Diego**

Phone: (877) 534-2524

### **Mental Health Services**

**Child Welfare Services (CWS)**

Phone: (858) 694-5191

**Harmonium - Children's Programs**

Phone: (858) 684-3080

**Harmonium - Counseling Programs**

Phone: (858) 566-5740

**Harmonium/ Epicentre - Youth Programs**

Phone: (858) 271-4000

**Mental Health Systems Inc. (MHS)**

Phone: (858) 573-2600

**Mental Health Systems (MHS) – Families Forward**

Phone: (858) 380-4676

**San Diego Center for Children**

Phone: (858) 277-9550

**San Diego City Schools' Mental Health Resource Center (MHRC)**

Phone: (858) 573-2227

**Second Step at Baker Elementary**

Phone: (619)264-3139

**Second Step at Knox Elementary**

Phone: (619)262-2473

**Second Step at Perkin Elementary**

Phone: (619)525-7482

**Social Advocates for Youth (SAY)**

Phone: (858) 565-4148

**South Bay Community Services (SBCS)**

Phone: (619) 420-3620

**Teen Challenge of Southern California**

Phone: (619) 265-0337

**Union of Pan Asian Communities (UPAC)**

Phone: (619) 521-5720

**Military**

**Fleet & Family Support Center**

Naval Base San Diego (619)556-7404 / Murphy Canyon Branch (858) 277-4259 /

Naval Base Coronado (619) 545-6071

**U.S. Naval Sea Cadet Corps**

Phone: 858-598-5951

**Parent Education**

**Child Care Resource Services**

Phone: (619) 521-3055

**Fleet & Family Support Center**

Naval Base San Diego (619)556-7404

Naval Base Coronado (619) 545-6071

Murphy Canyon Branch (858) 277-4259

**Harmonium - Children's Programs**

Phone: (858) 684-3080

**Harmonium - Counseling Programs**

Phone: (858) 566-5740

**Harmonium/ Epicentre - Youth Programs**

Phone: (858) 271-4000

**Home Start**

Phone: (619) 692-0727

**Jackie Robinson Family YMCA**

Phone: (619) 264-0144

**UPAC - Parent Assistance Center**

Phone: (619) 232-6454

**WIC (Women, Infants & Children)**

Phone: (800) 500-6411

**YMCA of San Diego County President**

**John Adams Apartments**

Phone: (619) 543-9850

**YMCA - Balboa Park Community Center**

Phone: (619) 543-9850

**YMCA- Border View**  
Phone: (619) 428-1168

**YMCA - Castle Park Middle School**  
Phone: (619) 543-9850

**YMCA - Childcare Resource Service (CRS)**  
Phone: (619) 521-3055  
**South County Office**  
Phone: (619) 474-4707

**YMCA - Chula Vista Middle School**  
Phone: (619) 543-9850 x112

**YMCA - County Hilltop Middle School**  
Phone: (619) 543-9850 x112

**YMCA - County Southwest Middle**  
Phone: (619) 543-9850

**YMCA- Copley Family**  
Phone: (619) 283-2251

**YMCA - DePortola Middle School**  
Phone: (619) 543-9850

**YMCA- Downtown**  
Phone: (619) 232-7451

**YMCA- Jackie Robinson Family**  
Phone: (619) 264-0144

**YMCA- La Jolla**  
Phone: (858) 453-3483

**YMCA- Mission Valley**  
Phone: (619) 298-3576

**YMCA - Jackie Robinson Family YMCA**  
Phone: (619) 264-0144

**YMCA - Mar Vista Middle School**  
Phone: (619) 543-9850

**YMCA - Mercado Apartments**  
Phone: (619) 543-9850

**YMCA- Peninsula Family**  
Phone: (619) 266-8888

**YMCA- Toby Wells**  
Phone: (858) 496-9622

### **Referral Services**

**Chicano Federation**  
Phone: (619) 285-5600

**Child Welfare Services (CWS)**  
Phone: (858) 694-5191

**City Heights Community Development Corporation (CHCDC)**  
Phone: (619) 584-1535

**City Heights Wellness Center**  
Phone: (619) 321-2920

**College Avenue Senior Center**  
Phone: (619) 583-3300

**Community Assessment Team, Central**  
**Phone: (619) 283-9624 x208**  
**c/o SAY San Diego and Mid City Family Resource Center**  
Phone: (619) 283-9624

**CO-OP (Town Park Villas)**  
Phone: (858) 453-0182

**Dual Diagnosis Residential Comprehensive Stabilization and Assessment Service (CASS) program**  
Phone: (619) 281-3706 Ext 333

**Family Justice Center**  
Crisis Hotline: 1-800-479-3339

**Family Justice Center**  
General Information: (866) 933-4673

**Fred Finch Wraparound**  
Phone: (619) 281-3706 Ext 230.

**Fred Finch Youth Center**  
Phone: (619) 797-1090

**Harmonium - Children's Programs**  
Phone: (858) 684-3080

**Harmonium - Counseling Programs**  
Phone: (858) 566-5740

**Harmonium/ Epicentre - Youth Programs**

Phone: (858) 271-4000

**On the Go**  
Phone: (877) 63-GO-JFS

**SAY San Diego - Vision Achievement  
Mentoring Partnership  
Senior Services  
Chicano Federation**  
Phone: (619) 285-5600

**Union of Pan Asian Communities (UPAC)**  
Phone: (619) 521-5720

**Senior Services Information & Referral**  
Phone: (858) 637-3040

**University City Senior Center**  
Phone: (858) 550-5998

### **Social Services**

**Alpha Project for the Homeless**  
Phone: (619) 542-1877

**Casa Familiar**  
Social Services Center – Casa Familiar  
Community & Recreation Center – Casa Familiar  
Phone: (619) 428-1115

**Catholic Charities**  
Phone: (619) 231-2828

**Center for Community Solutions (CCS)**  
24-hour toll-free crisis line: 1-888-DVLINKS (385-4657)  
**CCS Coastal Location**  
Phone: (858) 272-5777  
**CCS East County Location:**  
Phone: (619) 697-7477

**Chicano Federation**  
Phone: (619) 285-5600

**Child Abuse Hotline**  
Phone: (858) 560-2191 /  
Toll free: (800) 344-6000

**Child Welfare Services (CWS)**  
Phone: (858) 694-5191

**City Heights Community Development Corporation (CHCDC)**  
Phone: (619) 584-1535

**Crossroads Family Services**  
Phone: (619) 441-1907

**Family Justice Center**  
Crisis Hotline: (800) 479-3339  
General Information: (866) 933-4673

**Family Resource Centers (FRCs)**  
**Rayo de Esperanza Family Resource Center – Chula Vista**  
Phone: (619) 425-4458

**Family Resource Center – Metro**

Phone: (619) 744-5101

**Family Resource Center - Northeast**

Phone: (619) 464-5701

**Family Resource Center - Southeast**

Phone: (619) 236-7501

**Family Resource Center - Kearny Mesa**

Phone: (858) 565-5598

**Family Resource Center - Mission Valley**

Phone: (619) 767-5206

**Family Resource Centers – National City**

Phone: (619) 336-8659

**Fleet & Family Support Center**

Naval Base San Diego: (619)556-7404

Naval Base Coronado: (619) 545-6071

Murphy Canyon Branch: (858) 277-4259

**Harmonium - Children's Programs**

Phone: (858) 684-3080

**Harmonium - Counseling Programs**

Phone: (858) 566-5740

**Harmonium/ Epicentre - Youth Programs**

Phone: (858) 271-4000

**Home Start**

Phone: (619) 692-0727

**Stand Up For Kids**

Phone: 1-800-365-4KID

### [Substance Abuse Services](#)

**Al-Anon and Al-ateen**

Phone: (619) 296-2666

**Communities Against Substance Abuse**

Phone: (619) 442-2727

**County of San Diego – San Diego Access  
& Crisis Line**

Phone: (800) 479-3339

**CRC Health Group - El Cajon Clinic**

Phone: (877) 637-6237

**CRC Health Group – Fashion Valley  
Clinic**

Phone: (877) 637-6237

**CRC Health Group - Home Ave Clinic**

Phone: (877)637-6237

**Fred Finch Youth Center  
Dual Diagnosis Residential**

Phone: (619) 797-1090

**House of Metamorphosis**

Phone: (619) 236-9492

**International Rescue Committee (IRC)**

Phone: (619) 641-7510

**MAAC Project****Chula Vista Service Center**

Phone: (619) 426-3595

**MAAC - Barrio Logan Service Center**

Phone: (619) 255-7284

**MAAC - San Ysidro Service Center**

Phone: (619) 428-1139

**McAlister Institute for Treatment &  
Education (MITE)**

Phone: 619-442-0277

**McAlister Institute (MITE) - North**

Central Teen Recovery Center

Phone: (858) 578-5612

**McAlister Institute (MITE) - South Bay**  
East Teen Recovery Center  
Phone: (619) 482-9300

**Mental Health Systems (MHS) – Steps**  
**Adolescent Day & Outpatient Treatment**  
Phone: (858) 565-2510

**Narcotics Anonymous (NA)**  
Phone: (619) 584-1007  
Spanish: (619) 491-1984  
Toll-free: (800) 479-0062

**New Alternatives**  
Phone: (858) 278-1137

**Palavra Tree - Central South East Teen**  
Recovery Center  
Phone: (619) 263-7768

**Palavra Tree - Central South West Teen**  
Recovery Center  
Phone: (619) 238-7393

**Phoenix House - Beach Area - Teen**  
Recovery Center (Drug Medi-Cal only)  
Phone: (619) 226-2663

**South Bay Community Services - South**  
Bay West Teen Recovery Center

Phone: (619) 420-3620

**San Diego Youth and Community**  
**Services - Central East Teen Recovery**  
Center  
Phone: (619) 325-4696

**San Diego Youth and Community**  
**Services (SDYCS) - Teen Options**  
(Perinatal)  
Phone: (619) 521-2250

**Union of Pan Asian Communities (UPAC)**  
(Drug Medi-Cal only)  
Phone: (619) 521-5720

**San Diego Youth and Community**  
**Services - East County Teen Recovery**  
Center  
Phone: (619) 667-3333

**Social Advocates for Youth (SAY)**  
Phone: (858) 565-4148

**Teen Challenge of Southern California**  
Phone: (619) 265-0337

**UPAC - Pan Asian High Risk Youth**  
**Mentorship**  
Phone: (619) 232-6454

### **Violence Prevention / Conflict Resolution**

**Center for Community Solutions (CCS)**  
24-hour toll-free crisis line: 1-888-  
DVLINKS (385-4657)

**CCS Coastal Location**  
Phone: (858) 272-5777

**CCS East County Location:**  
Phone: (619) 697-7477

**Child Abuse Hotline**  
Phone: (858) 560-2191 /  
Toll free: (800) 344-6000

**National Conflict Resolution Center**  
**Main Office**  
Phone: (619) 238-2400 or (760) 494-4728

**National Conflict Resolution Center**  
**South Bay Office**  
Phone: (619) 428-3200

**National Conflict Resolution Center  
El Cajon Office**  
Phone: (619) 593-4530

**Second Step Program at Baker  
Elementary**  
Phone: (619)264-3139

**Second Step Program at Knox  
Elementary**

Phone: (619)262-2473  
**Second Step Program at Perkin  
Elementary**  
Phone: (619)525-7482

**South Bay Community Services (SBCS)**  
Phone: (619) 420-3620

**Tariq Khamisa Foundation (TKF)**  
Phone: (858) 565-0800

### **Youth Services**

**Access Inc.**  
Phone: (858) 560-0871

**The Barrio Youth Center**  
Phone: (619) 238-0314

**Big Brothers Big Sisters of San Diego**  
Phone: (858) 536-4900

**Big Sister League of San Diego, Inc**  
Phone: (619) 297-1172

**Black Contractors Association (BCA) -  
YouthBuild**  
Phone: (619) 263-9791

**Boys & Girls Club – Clairemont Branch**  
Phone: (858) 273-1645

**Boys & Girls Club – Encanto**  
Phone: (619) 263-6407

**Boys & Girls Club – Logan Heights / W.J.  
Oakes Branch**  
Phone: (619) 525-1739

**Boys & Girls Club –Roberts Family  
Branch Linda Vista**  
Phone: (858) 277-6670

**Boys & Girls Club – Santee**  
Phone: (619) 440-1600

**Breaking Cycles Program**  
Phone: (619) 221-8600  
**Continuation and alternative schools**  
Phone: (858) 292-3500

**Child Care Resource Services**  
Phone: (619) 521-3055

**Dual Diagnosis Residential  
Comprehensive Stabilization and  
Assessment Service (CASS) program  
(foster youth)**  
Phone: (619) 281-3706 Ext 333

**Fred Finch Wraparound** (for foster and/or  
dependent youth)  
Phone: (619) 281-3706 Ext 230

**Fred Finch Youth Center**  
Phone: (619) 797-1090

**Harmonium - Children's Programs**  
Phone: (858) 684-3080

**Harmonium - Counseling Programs**  
Phone: (858) 566-5740



**Harmonium/ Epicentre - Youth Programs**

Phone: (858) 271-4000

**Inner City Youth of San Diego (ICY)**

Phone: (619) 527-7154

**Mental Health Systems (MHS) - Caring Helpers**

Phone: (858) 292-0903

**NFL Youth Education Town City Heights**

Phone: (619) 232-8126

**The Palavra Tree**

Phone: (619)263-7768 / Phone: (619)238-7393

**Pro Kids (The First Tee San Diego)**

Phone: (619) 582-7884

**Project B.R.O. (Brotherhood, Responsibility and Outreach)**

Phone: (619)791-2610 Ext 302

**Riley School - Children's Outpatient Psychiatry**

Phone: (858) 496-8205

**San Diego Center for Children**

Phone: (858) 277-9550

**San Diego Girls' Alliance**

Phone: (619) 384-2573

**San Diego Girls Club**

Phone: (619) 233-7722

**San Diego Youth and Community Services (SDYCS)**

Phone: (858) 492-2300

**San Diego Youth & Community Services (SDYCS) - The Bride**

Phone: (619) 521-3939 / 24-Hour Hotline: (866) 715-6405

**San Diego Youth & Community Service (SDYCS) - The Storefront**

Phone: (619) 325-3527

**San Diego Youth & Community Services (SDYCS) - Teen Options**

Phone: (619) 521-2250

**San Diego Youth and Community Services (SDYCS) - Youth Education Town**

Phone: (619) 325-4696

**SAY San Diego - Vision Achievement Mentoring Partnership**

Phone: (619) 582-9056

**Sherman Heights Community Center**

Phone: (619) 232-5181, ext. 17

**Social Advocates for Youth (SAY)**

Phone: (858) 565-4148

**South Bay Community Services (SBCS)**

Phone: (619) 420-3620

**Southcrest Park Recreation Center**

Phone: (619) 527-3413

**Star/Pal**

Phone: (619) 531-2718

**Turning The Hearts Center**

Phone: (619) 691-9643

**Unity Tech**

Phone: (619) 287-8182

**UPAC - Peer Academic Mentoring Program (PAMPER)**

Phone: (619) 232-6454

**UPAC - San Diego Asian Youth Organization (SDAYO)**

Phone: (619) 232-6454

**YMCA of San Diego County President  
John Adams Apartments**  
Phone: (619) 543-9850

**YMCA - Balboa Park Community Center**  
Phone: (619) 543-9850

**YMCA- Border View**  
Phone: (619) 428-1168

**YMCA - Castle Park Middle School**  
Phone: (619) 543-9850

**YMCA - Childcare Resource Service  
(CRS)**  
Phone: (619) 521-3055  
**South County Office**  
Phone: (619) 474-4707

**YMCA - Chula Vista Middle School**  
Phone: (619) 543-9850 x112

**YMCA - County Hilltop Middle School**  
Phone: (619) 543-9850 x112

**YMCA - County Southwest Middle**  
Phone: (619) 543-9850

**YMCA- Copley Family**  
Phone: (619) 283-2251

**YMCA - DePortola Middle School**  
Phone: (619) 543-9850

**YMCA- Downtown**  
Phone: (619) 232-7451

**YMCA- Jackie Robinson Family**  
Phone: (619) 264-0144

**YMCA- La Jolla**  
Phone: (858) 453-3483

**YMCA- Mission Valley**  
Phone: (619) 298-3576

**YMCA - Jackie Robinson Family YMCA**  
Phone: (619) 264-0144

**YMCA - Mar Vista Middle School**  
Phone: (619) 543-9850

**YMCA - Mercado Apartments**  
Phone: (619) 543-9850

**YMCA- Peninsula Family**  
Phone: (619) 266-8888

**YMCA- Toby Wells**  
Phone: (858) 496-9622

# **RESOURCE GUIDE**

## **Service Description**

### **Able-Disabled Advocacy (A-DA)**

Able-Disabled Advocacy is a non-profit organization that provides education, occupational skills training and job placement assistance to over 10,000 youth and adults representing all ethnicities and types of disabilities. A-DA works closely with employers, schools and the public sector to help people with disabilities achieve independence and become self-supporting.

Contact: 4283 El Cajon Boulevard, Ste. 110, San Diego, California 92105

Phone: (619) 231-5990

Website: [www.abledisabledadvocacy.org](http://www.abledisabledadvocacy.org)

### **Access Inc.**

Access Inc is an organization in the San Diego community providing services to youth in foster care. Its mission is to promote self sufficiency and economic independence among the most vulnerable groups in the community through education, training, and the development of new community resources.

Contact: 2612 Daniel Avenue, San Diego, CA 92111

Phone: (858) 560-0871

### **Al-Anon and Al-ateen**

Al-Anon helps families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Al-ateen is a recovery program for young people. Al-ateen groups are sponsored by Al-Anon members. Al-ateen is adapted from Alcoholics Anonymous and is based upon the Twelve Steps method. Dozens of meetings are held across San Diego each week, see the website or call for details.

Contact: 3108 Fifth Ave. Suite E, San Diego, CA 92103

Phone: (619) 296-2666

Website: [www.alanonsandiego.org](http://www.alanonsandiego.org)

### **Alcohol and Drug Services (ADS):**

ADS programs provide developmentally appropriate substance abuse treatment for adolescents (includes criminal justice-involved youth) and their families. Outpatient services, crisis intervention, and residential treatment services are offered. ADS includes **Teen Recovery Centers (TRCs)**, which provide culturally competent comprehensive outpatient alcohol and drug treatment services to 12 to 17 year-old youth with substance abuse issues. All services are provided via contract with local service providers.

### **LOCAL SERVICE PROVIDERS of ADS:**

**McAlister Institute (MITE)** - North Central Teen Recovery Center

4690 Genesee Avenue, San Diego, CA 92117

Phone: (858) 578-5612

**Palavra Tree - Central South East Teen Recovery Center**  
1212 South 43rd Street, Suite C, San Diego, CA 92113  
Phone: (619) 263-7768

**Palavra Tree - Central South West Teen Recovery Center**  
2878 Imperial Ave., San Diego, CA 92102  
Phone: (619) 238-7393

**Phoenix House - Beach Area - Teen Recovery Center (Drug Medi-Cal only)**  
3274 Rosecrans Street, San Diego, CA 92110  
Phone: (619) 226-2663

**San Diego Youth and Community Services - Central East Teen Recovery Center**  
4089 Fairmount Avenue, San Diego, CA 92105  
Phone: (619) 325-4696

**San Diego Youth and Community Services (SDYCS) - Teen Options (Perinatal)**  
3660 Fairmount Avenue, San Diego, CA 92105  
Phone: (619) 521-2250

**Union of Pan Asian Communities (UPAC) (Drug Medi-Cal only)**  
3288 El Cajon Boulevard, Suite 13, San Diego, CA 92104  
Phone: (619) 521-5720

**San Diego Youth and Community Services - East County Teen Recovery Center**  
7733 Palm St. #108, Lemon Grove, CA 91945  
Phone: (619) 667-3333

**McAlister Institute (MITE) - South Bay East Teen Recovery Center**  
2429 Fenton Street, Building 5, Chula Vista, CA 91914  
Phone: (619) 482-9300

**South Bay Community Services - South Bay West Teen Recovery Center**  
1124 Bay Boulevard, Suite D, Chula Vista, CA 91911  
Phone: (619) 420-3620

### **Alpha Project for the Homeless**

The Alpha Project is a nonprofit organization that provides services and programs for the homeless. Services offered include emergency shelter, affordable housing, residential substance abuse treatment, supportive housing for people with special needs, and transportation assistance as well as employment training, preparation and placement. They also provide some medical needs like mental health counseling and education and prevention programs for HIV/AIDS.

Contact: 3737 Fifth Avenue, Suite 203, San Diego, CA 92103  
Phone: (619) 542-1877

### **The Barrio Youth Center**

The Barrio Logan Youth Center is a multi youth services facility located in Barrio Logan with a swimming pool, gym, theater, theater, teen lounge, and counseling offices. Assists disadvantaged high risk youth, ages 6 to 21, to avoid negative lifestyles, and excel to their maximum potential, and to facilitate community mobilization to protect and enhance the living environment, and quality of life of the youth and their families. Agency services include: prevention and early intervention, juvenile diversion, crisis intervention, ending gang violence, scholarships and client assistance.

Contact: 2175 Newton Avenue, San Diego, CA 92113  
Phone: (619) 238-0314

### **Big Brothers Big Sisters of San Diego**

The Big Brothers of San Diego offers one-to-one youth mentoring, developing positive relationships that have a direct and lasting impact on the lives of young people. Big Brothers of San Diego County serves children ages 6 through 18, in five distinct programs: Amachi (serves children ages 7-18 whose parent(s) are incarcerated), Bigs in Schools, Community Mentoring, High School Bigs and Operation Bigs. School-based mentoring includes one hour a week mentoring sessions in school settings, and often involves teachers. Community-based mentoring involves one-on-one time spent with the volunteer and the young person doing things they enjoy — a few hours a couple times a month filled with shared interests and activities.

Contact: 8515 Arjons Drive, Ste. A, San Diego, CA 92126  
Phone: (858) 536-4900  
Website: [www.bbbs.org](http://www.bbbs.org)

### **Big Sister League of San Diego, Inc**

The Big Sisters League of San Diego offers the Big & Little Sister Mentor Program as well as a housing program. Through the Big and Little Sister Mentor Program, adult women provide friendship and guidance to help a young girl recognize her talents and use them to reach her full potential. Big Sisters of San Diego County serves children ages 7 through 18, in five distinct programs: Amachi (serves children ages 7-18 whose parent(s) are incarcerated), Bigs in Schools, Community Mentoring, High School Bigs and Operation Bigs. The housing program provides transitional housing for mentally ill, homeless and/or abused women.

Contact: 115 Redwood Street , San Diego, CA 92103

Phone: (619) 297-1172

Website: [www.bigsisterleague.org](http://www.bigsisterleague.org)

### **Black Contractors Association (BCA) - YouthBuild**

YouthBuild USA is a comprehensive youth and community development program as well as an alternative school. Youth Build, designed to run on 12-month cycles, offers job training, education, counseling, and leadership development opportunities to unemployed and out-of-school young adults, ages 16-24 through the construction and rehabilitation of affordable housing in their own communities.

Contact: 6125 Imperial Avenue , San Diego, California 92114

Phone: (619) 263-9791

Website: [www.bcasd.org](http://www.bcasd.org)

### **Boys & Girls Clubs of Greater San Diego**

The Boys & Girls Clubs of Greater San Diego provides programs and activities throughout San Diego County through its 12 sites, 5 schools, and 2 public housing sites. It also operates the county-funded Critical Hours programs at several locations. The Critical Hours program provides homework help, tutoring and other educational enhancement activities, health education, recreation, sports leagues, career preparation, a youth enterprise project, community service projects, and field trips to middle school youth.

Website: [www.sdyouth.org](http://www.sdyouth.org)

### **Boys & Girls Club –Roberts Family Branch Linda Vista**

The Linda Vista Branch has a swimming pool, gym, games room, technology center, and learning center. Linda Vista Teen Center is on site, with a recording studio, snack bar, dance studio and outdoor basketball court.

Contact: 2230 East Jewett, San Diego, CA 92111

Phone: (858) 277-6670

**Boys & Girls Club – Logan Heights / W.J. Oakes Branch**

The Logan Heights/ W.J Oakes Branch has a swimming pool, gym, games room, technology center, and learning center.

Contact: 2930 Marcy Avenue, San Diego, CA 92113

Phone: (619) 525-1739

**Boys & Girls Club – Clairemont Branch**

The Clairemont Branch has a swimming pool, gym, outdoor playground, teen center, technology center, and learning center.

Contact: 4635 Clairemont Mesa Blvd, San Diego, CA 92116

Phone: (858) 273-1645

**Boys & Girls Club – Encanto**

The Encanto Branch has a game room, gym, teen center, technology center, and learning center.

Contact: 6785 Imperial Avenue, San Diego, CA 92114

Phone: (619) 263-6407

**Boys & Girls Club – Santee**

The Santee Branch has a computer lab, game center, gym, technology center, learning center and arts and crafts center.

Contact: 9545 Cuyamaca, Santee, CA 92071

Phone: (619) 440-1600

**California Conservation Corps (CCC)**

CCC is a workforce development program that offers young men and women the chance to serve their state and become employable citizens through life skills training in environmental conservation, fire protection, and emergency response. The CCC has both residential and non-residential programs and centers. Applicants must not be on parole or formal probation, must be interested in working outdoors, and be between the ages of 18-25.

Contact: 401 West 35th Street, Suite A, National City, CA 91950

Phone: 1-800-952-JOBS (5627)

Kris LeCourt, (619) 409-4380, [Kris.Lecourt@ccc.ca.gov](mailto:Kris.Lecourt@ccc.ca.gov) or [recruit@ccc.ca.gov](mailto:recruit@ccc.ca.gov)



### **Casa Familiar**

Casa Familiar is a community-based organization offering over fifty programs in the areas of Human Services, Community Development, Recreation Services, Technology, Arts and Culture, and Education.

Social Services Center – Casa Familiar

Contact: 119 West Hall Avenue , San Ysidro, CA 92173

Phone: (619) 428-1115

[www.casafamiliar.org](http://www.casafamiliar.org)

Community & Recreation Center – Casa Familiar

Contact: 212 West Park Avenue, San Ysidro, CA 92173

Phone: (619) 428-1115

[www.casafamiliar.org](http://www.casafamiliar.org)

### **Catholic Charities**

A non-profit offering a variety of services including: immigration services; immediate need assistance services including food, clothing, shelter referral, and transportation assistance; information and referral for individuals and families; immediate need assistance services including food, clothing, shelter referral, and transportation assistance; information and referral for individuals and families; emergency short-term shelters for men and women and their children; case management and support services provided, and more.

Catholic Charities Diocese of San Diego

Contact: 349 Cedar Street, San Diego, CA 92101

Phone: (619) 231-2828

Website: [www.ccdsd.org](http://www.ccdsd.org)

### **Catholic Charities - The Center for Counseling**

A State of California Licensed Psychology Clinic and training site for local graduate training programs, the Center for Counseling has been providing effective, affordable services to the San Diego Community for over fifty years. Counseling services include individual or group therapy for children and adults and couples and family counseling. Low cost professional counseling services are provided by graduate and post-graduate trainees under the supervision of licensed Clinical Psychologists, Marriage Family Therapists, and Clinical Social Workers. Counseling is provided in two sites in San Diego County as well as in contracting schools. Call to speak to a phone counselor to schedule an appointment.

Contact: 349 Cedar Street, San Diego, CA 92101

Phone: (619) 231-2828

Website: [www.ccdsd.org](http://www.ccdsd.org)

### **The Center - The San Diego Lesbian, Gay, Bisexual, Transgender Community Center**

The Center houses over 50 programs, projects and services that reach out to the LGBT, HIV/AIDS, and allied communities. The Center offers many programs, including HIV testing and counseling, a women's resource center, discussion and coming out groups, a youth center in Hillcrest, and more.

#### **Main Center**

Phone: (619) 692-2077

Website: [www.thecentersd.org](http://www.thecentersd.org)

#### **Youth Center**

Contact: 3777 4th Ave., San Diego, CA 92103

Anthony Lupian, [alupian@thecentersd.org](mailto:alupian@thecentersd.org)

Phone: (619) 497-2920, x113

Website: <http://www.youthcentersd.com>

### **Center for Community Solutions (CCS)**

CCS services include: a Rape Crisis Center; a clinical department specializing in counseling and therapy services; a legal clinic assisting individuals with filing temporary restraining orders and other family law matters; an outreach department that uses education as a tool for violence prevention; and a Residential Services Department that includes a 24-hour emergency shelter and transitional housing program for victims of domestic violence and their children.

24-hour toll-free crisis line: 1-888-DVLINKS (385-4657)

Website: <http://www.ccssd.org/index.html>

#### **CCS Coastal Location**

4508 Mission Bay Drive, San Diego, CA 92109

Phone: (858) 272-5777

#### **CCS East County Location:**

7339 El Cajon Blvd. Suite J, La Mesa, CA 91941

Phone: (619) 697-7477

### **Center for Employment Training (CET) of San Diego**

The Center for Employment Training (CET) is a nonprofit organization and is one of the country's largest, most effective employment training programs, focused on those who need help the most. The Center for Employment Training in San Diego in partnership with the San Diego Workforce and the South Metro Career Center provide training programs for skills including building maintenance, electronic assembly and welding fabrication.

Contact: 3295 Market Street, San Diego, CA 92102

Phone: 619-233-6829

### **Chicano Federation**

The Chicano Federation offers crisis intervention, case management, community referrals, forms assistance, senior support, housing, childcare, legal aid and advocacy and small business training. Services are aimed at resolving immediate family/individual situations and connecting clients with community services and resources.

Contact: 3180 University Avenue, San Diego, Ca 92104

Phone: (619) 285-5600

### **Child Abuse Hotline**

The 24-hour Hotline is staffed by trained social workers who receive calls about child abuse, molestation and neglect. Each call is logged and assessed as to the level of possible risk to the child. Referrals can be made by neighbors, friends or relatives concerned about a child's safety, parents who are afraid they may hurt or neglect their child and children who believe they are being abused. If it is determined that the child may be in immediate danger, a social worker and/or law enforcement officer will make a home visit within a few hours of receiving notification. If there is not an immediate danger, a social worker will investigate within three to ten days of receiving a call if it is determined that the child may be at risk.

Contact: (858)560-2191 / Toll free: (800) 344-6000

### **Child Welfare Services (CWS)**

Investigates reports of suspected child abuse and neglect, intervene with families who do not meet the minimum community standards of health and safety as codified by law. Investigations will be conducted in a thorough and professional manner. Family interventions will be in the least intrusive manner necessary for the protection of the child.

Contact: (858) 694-5191

Website: [www2.sdcounty.ca.gov/hhsa](http://www2.sdcounty.ca.gov/hhsa)

### **City Heights Community Development Corporation (CHCDC)**

The CHCDC enhances the quality of life in City Heights by working with the community to create quality affordable housing, livable neighborhoods, foster economic self-sufficiency and stimulate investment. They also offer computer labs for residents and a host of comprehensive services from employment assistance and social service referrals.

Contact: 4283 El Cajon Blvd. Suite 220, San Diego, CA 92105

Phone: (619) 584-1535

### **City Heights Wellness Center**

The City Heights Wellness Center works to improve the long-term health of children and families. The center offers a “teaching kitchen”, which serves as both a hub for community gatherings and classes, as well as the core for a nutrition program. It offers cooking demonstrations, food preparation, nutrition planning, safety education and tips for shopping economically for nutritious foods. Additional services include: English & Spanish CPR classes, home safety education, counseling services, parenting classes, nutrition and meal planning, education for diabetics, assistance in obtaining health insurance and medical services and applying for Medi-Cal.

Contact: 4440 Wightman Street, Suite 200, San Diego, CA 92105  
Phone: (619) 321-2920

### **Coalition of Neighborhood Councils (CNC)**

The CNC is a community based organization that provides resident empowerment, community development services, educational completion services, workforce preparation, and placement services to both court and gang affiliated out-of-school youth. The CNC partners with various organizations to increase permanent employment and self sufficiency for out of school youth who have been involved in gang activity and/or the juvenile justice system. CNC runs one of the Workforce Partnerships’ *Youth Opportunity & Employment Programs* and also serves as the lead agency on the Morse/Southeastern *Gang Prevention Initiative*, a school-based gang prevention program providing year round activities that include paid work experience, career exploration, and educational supports infused with youth development.

Contact: 415 North Euclid Avenue, San Diego, CA 92114  
Franco Garcia - Coordinator, [franco@cncsandiego.org](mailto:franco@cncsandiego.org)  
Phone: (619) 325-3580  
[www.cncsandiego.org](http://www.cncsandiego.org)

### **Communities Against Substance Abuse**

Communities Against Substance Abuse is a progressive organization that helps prevent substance abuse through research, education, advocacy, and service. Programs include: Discovery Club, an after-school program that opens doors to a brighter and healthier future for youth, grades 3-8, in El Cajon schools; and East County Youth Alliance, in which teenagers advocate for prevention of alcohol and drug abuse with businesses, health agencies, law enforcement, service organizations, schools, etc.

Contact: 554 Broadway, El Cajon, CA 92021  
Phone: (619) 442-2727

### **Community Assessment Teams (CATs) Info:**

CAT Teams assists families with youth who are at risk for involvement in the criminal justice or dependency systems. Teams consist of probation officers, professional counselors, and family support workers from community-based organizations, who link families to services. The teams

provide assessment, prevention, and referral services and can link families to drug and alcohol treatment, housing information, education, employment, and life skills training. San Diego County Probation Department is the lead agency. Target Population is at risk youth, 17 years & younger. Free of charge.

*Agencies providing CAT program:*

Community Assessment Team, South County

c/o South Bay Community Services

1124 Bay Blvd, Ste D, Chula Vista, CA 91911

Communities: Otay Mesa, San Ysidro / Zip Codes: 91932, 92154, 92173

Community Assessment Team, Central

c/o SAY San Diego Family Resource Center

5150 University Ave, San Diego, CA 92105

Phone: (619) 283-9624

Cities/Towns: Coronado, National City / Zip Codes: 92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92139

c/o SAY San Diego and Mid City Family Resource Center

4275 El Cajon Blvd # 101

San Diego, CA 92105

Phone: (619) 283-9624 x208

Cities/Towns: Coronado, National City / Zip Codes: 92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92139

**Continuation and alternative schools**

Offering students, parents, and local school districts unique alternative school placement opportunities, and providing small, comfortable classroom settings for students who have not been successful in traditional public schools. Small class sizes ensuring frequent contact with the teacher, parent, social worker and/or probation officer. Emphasizing close supervision of students and carefully monitoring of academic progress. Target population is "at risk" middle and high school age students in need of a smaller classroom setting and a more individualized teaching approach. Generally, these students are actively supervised by an assigned probation officer and/or social worker. School districts may refer SARB, zero tolerance and expulsion students. In most cases local districts have designated a district official to refer students to our schools. School sites are located throughout the county, see the website below for locations and further information.

Contact: 6401 Linda Vista Road, San Diego, 92111

Phone: (858) 292-3500

Website: [www.sdcoe.net/jccs](http://www.sdcoe.net/jccs)

**County of San Diego - Emergency Screening Unit (ESU)**

The ESU provides 24 hour crisis response. Crisis services include emergency psychiatric care and crisis intervention counseling. Programs that serve children, youth and families in crisis are

able to respond quickly to urgent needs such as support, information, counseling, medication, and referral to other resources. All psychiatric emergencies are seen.

Contact: 730 Medical Center Ct., Chula Vista, CA 91911  
Phone: (619) 421-6900

**County of San Diego – Psychiatric Emergency Response Team (PERT)**

Trained team assists in psychiatric crises.

Contact: call 911 and ask for “PERT”

**County of San Diego – San Diego Access & Crisis Line**

Phone crisis intervention, behavioral health info and referrals.

Contact: (800) 479-3339

**CRC Health Group**

CRC's Comprehensive Outpatient Substance Abuse Treatment (COSAT) provides medically supervised assessment of client's substance use. Medical staff matches evidence based treatment protocols to assess needs/diagnosis, then provide client with treatment and follow-up. Services are provided on an outpatient basis.

**CRC Health Group - El Cajon Clinic**

Contact: 234 North Magnolia Ave., El Cajon, CA 92020  
Phone: (877) 637-6237

**CRC Health Group – Fashion Valley Clinic**

Contact: 7020 Friars Rd., San Diego, CA 92108  
Phone: (877) 637-6237

**CRC Health Group - Home Ave Clinic**

Contact: 3940 Home Ave., San Diego, CA 92105  
Phone: (877)637-6237

**Critical Hours Programs/ Six to Six program:**

Critical Hours is an after-school program for middle school youth (ages 11-14) offering the following components between 2pm and 6pm: education enrichment activities (e.g. homework assistance, tutoring, public speaking, computers, cultural arts, field trips); recreation activities (e.g. physical fitness, intramural sports, skills clinics, team building); health education (e.g. substance abuse prevention, nutrition, health instruction, anger management); and interpersonal/life skills and self-esteem development (e.g. career exploration, leadership development, providing positive reinforcement for success and positive attitudes, healthy relationships, community service projects).

***Organizations in San Diego offering Critical Hours/Six to Six:***

Barrio Youth Center  
2175 Newton Avenue, San Diego, CA 92113  
Phone: (619) 238-0314

Borrego Springs Middle School  
2281 Diegueno Road, Borrego Springs, CA 92004  
Phone: (760) 767-5335 X102

Boys & Girls Club - Linda Vista Branch  
2230 E. Jewett Street, San Diego, CA 92111  
Phone: (858) 751-0611

Boys & Girls Club - Encanto Branch  
6785 Imperial Ave., San Diego, CA 92114  
Phone: (619) 263-6407

Boys & Girls Club Valley - Center Middle School  
28751 Cole Grade Road, Valley Center, CA 92082  
Phone: (760) 746-3315

Boys & Girls Club of San Dieguito - Polster Branch  
3800-A Mykonos Lane, San Diego, CA 92130  
Phone : (858) 755-9371

Center For Community Solutions (CCS) - Pacific Beach Middle School  
4676 Ingraham Street, Pacific Beach, CA 92109  
Phone: (858) 272-5777

Communities Against Substance Abuse (CASA) - Bostonia Recreation Center  
1049 Bostonia Street, El Cajon, CA 92021  
Phone: (619) 442-2727

Communities Against Substance Abuse (CASA) - Cajon Valley Middle School  
395 Ballantyne Street, El Cajon, CA 92021  
Phone: (619) 441-1680

Communities Against Substance Abuse (CASA) - El Cajon Boys & Girls Clubhouse  
1171 E. Madison, El Cajon, CA 92021  
Phone: (619) 440-1600

County of San Diego, Parks and Recreation - Lakeside Community Center  
9911 Vine Street, Lakeside, CA 92040  
Phone: (619) 443-4169

County of San Diego, Parks and Recreation - Spring Valley Teen Center

8735 Jamacha Blvd., Spring Valley, CA 91977  
Phone: (619) 479-0312

Greater Golden Hill Community Development - Youth Education Town  
2220 Broadway, San Diego, CA 92102  
Phone: (619) 640-8993

Gompers Charter School  
1005 47th Street, San Diego, CA 92102  
Phone: (619) 232-6454 or (619) 696-7288

Mason Elementary School  
1031 25th Street, San Diego, CA 92102  
Phone: (619) 232-6454

Our Lady of the Sacred Heart School  
4106 42nd Street, San Diego, CA 92105  
Phone: (619) 284-1715

San Diego Youth & Community Services (SDYCS) - Youth Education Town  
4089 Fairmont, San Diego, CA 92105  
Phone: (619) 325-4696

San Diego Youth & Community Services (SDYCS) - Harbison Canyon Community Center  
326 Harbison Canyon Road, El Cajon, CA 92019  
Phone: (619) 258-6877

Sherman Heights Community Center - Our Lady's School  
650 24th Street, San Diego, CA 92102  
Phone: (619) 233-8889

South Bay Community Services - National City Middle School  
1701 D Avenue, National City, CA 91950  
Phone: (619) 420-8722 X120

South Bay Community Services - San Ysidro Middle School  
4345 Otay Mesa Road, San Ysidro, CA 92173  
Phone: (619) 420-8722

YMCA - Balboa Park Community Center  
2929 Meade Avenue, San Diego, CA 92116  
Phone: (619) 543-9850



YMCA - Mercado Apartments  
2001 Newton Ave., San Diego, CA 92113  
Phone: (619) 543-9850

YMCA of San Diego County President John Adams Apartments  
5471 Bayview Heights Pl., San Diego, CA 92116  
Phone: (619) 543-9850

YMCA - DePortola Middle School  
11010 Clairemont Mesa Blvd., San Diego, CA 92124  
Phone: (619) 543-9850

YMCA - Castle Park Middle School  
160 Quintard Street, Chula Vista, CA 91911  
Phone: (619) 543-9850

YMCA - Chula Vista Middle School  
415 Fifth Street, Chula Vista, CA 91910  
Phone: (619) 543-9850 x112

YMCA - County Hilltop Middle School  
44 East J Street, Chula Vista, CA 91910  
Phone: (619) 543-9850 x112

YMCA - Jackie Robinson Family YMCA  
151 YMCA Way, San Diego, CA 92102  
Phone: (619) 264-0144

YMCA - Mar Vista Middle School  
1267 Thermal Ave., San Diego, CA 92154  
Phone: (619) 543-9850

YMCA - County Southwest Middle  
2710 Iris Street, San Diego, CA 92154  
Phone: (619) 543-9850

### **Crossroads Family Services**

Crossroads Family Services provides community-based mental health services, based on wraparound principles applied to children, youth and their families throughout the entire East Region of San Diego County. A full range of outpatient based diagnostic and treatment services are provided, however clinic settings, school sites, clients' homes, and a variety of settings are available. Provide access to interpreter services as well.

Contact: 1625 East Main St., Suite 200, El Cajon, CA 92021  
Phone: (619) 441-1907

### **Dental Hygiene Clinic – Southwestern College**

Offers free dental services from students in its Dental Hygiene Program. Services include: dental cleaning, oral screening, dental x-rays, fluoride treatments, and sealants (children 6-18 years of age).

Contact: 880 National City Boulevard, National City, CA 91950

Phone: (619) 216-6665, ext. 4875

### **Family Health Centers (FHC) of San Diego**

Family Health Centers of San Diego provides comprehensive, accessible, quality healthcare services in the San Diego region; offering affordable services to all income levels, with a special commitment to low income, medically underserved individuals. FHC operates primary care clinics, dental clinics, mental health centers, an HIV clinic, and mobile medical services throughout the county. The FHC also offers special healthcare services for teens including: acute care (sick visits), drop-in-center (recreational & educational activities), immunizations, outreach, peer health education, physical exams, pregnancy prevention, prenatal care, and STD screening & treatment.

Family Health Centers of San Diego

823 Gateway Center Way, San Diego, California, USA 92102

Phone: 619-515-2300

Website: [www.fhcscd.org](http://www.fhcscd.org)

### **Teen Health Center**

1643 Logan Avenue, San Diego, CA 92113

Phone: (619) 515-2333

### **Beach Area Family Health Center**

3705 Mission Blvd., San Diego, CA 92109

Phone: (619) 515-2444

### **Beach Area Women's Health Center**

3690 Mission Blvd., San Diego, CA 92109

Phone: (619) 876-4420

### **Chase Avenue Family Health Center**

1111 W. Chase Avenue, El Cajon, CA 92020

Phone: (619) 515-2499

### **Ciaccio Memorial Clinic**

3544 30th Street, San Diego, CA 92104

Phone: 619-515-2587

**City Height Family Health Center**

5379 El Cajon Blvd., San Diego, CA 92115

Phone: 619-515-2400

**Diamond Neighborhoods Family Health Center**

220 Euclid Avenue, Suite 40, San Diego, CA 92114

Phone: 619-515-2560

**Downtown Family Health Center**

1145 Broadway, San Diego, CA 92101-5611

Phone: (619) 515-2525

**Logan Heights Family Health Center**

1809 National Avenue, San Diego, CA 92113

Phone: (619) 515-2300

**North Park Family Health Center**

3544 30th St, San Diego, CA 92104

Phone: (619) 515-2424

**Family Justice Center**

Works to improve and strengthen the lives of families through early identification of family violence and then provide coordinated wrap-around services through collaboration with community partners in a safe location. Walk-in services provided include: individualize screening and safety planning, emergency shelter referrals for both people and pets, child and adult counseling, deaf and hard of hearing services, legal services such as restraining orders and immigration visas, law enforcement, prosecution and military liaison.

Contact: 707 Broadway, Suite 200, (7<sup>th</sup> and Broadway), San Diego, 92101

Phone for General Information: 1-866-933-4673

Crisis Hotline: 1-800-479-3339

Shelter: 1-888-DVLINKS (1-888-385-4657)

Website: <http://www.sandiego.gov/sandiegofamilyjusticecenter>

**Family Resource Centers (FRCs)**

FRCs provide general self-sufficiency services, a branch of the Health and Human Services Agency that provides social welfare services to citizens in need. These services include, but are not limited to: cash, food assistance, employment services and medical needs. There are a variety of programs available for persons both with and without minor children.

**Family Resource Center – Metro**

1130 10th Avenue, San Diego, CA 92101

Phone: (619) 744-5101

**Family Resource Center - Northeast**

5001 73rd Street, San Diego, CA 92115

Phone: (619) 464-5701

**Family Resource Center - Southeast**

4588 Market Street, San Diego, CA 92102

Phone: (619) 236-7501

**Family Resource Center - Kearny Mesa**

5201 Ruffin Road, San Diego, CA 92123

Phone: (858) 565-5598

**Family Resource Center - Mission Valley**

7947-49 Mission Center Court, San Diego, CA 92108

Phone: (619) 767-5206

**Fleet & Family Support Center**

The Fleet and Family Support Center offers services to support members of all branches of service and their families. Services include: career transition support; training in life skills, individual augmentee (IAs), financial management, family employment, parenting, and spouse relations; relocation support; family advocacy; deployment readiness; job search assistance; professional counseling for individuals and families; and also addresses sexual assault and exceptional family members. All who have access to one of the local naval bases can access services.

Naval Base San Diego (619)556-7404

Murphy Canyon Branch (858) 277-4259

Naval Base Coronado (619) 545-6071

Website: [www.cnrsw.navy.mil/fsc](http://www.cnrsw.navy.mil/fsc)

**Fred Finch Youth Center****Dual Diagnosis Residential**

14 bed long term residential program for adolescents with developmental disabilities and emotional disturbance. Must be eligible for Regional Center services. Program includes behavioral, mental health and educational components.

Contact: 3434 Grove Street, Lemon Grove, CA 91945.

Phone: (619) 797-1090

Program Director is Bruce Wexler – email: [brucewexler@fredfinch.org](mailto:brucewexler@fredfinch.org)

**Comprehensive Stabilization and Assessment Service (CASS) program**

50 slot out-patient program serving foster youth (dependents of the court) who are at risk of change of foster care placement (either foster homes or small group homes). Service is staff by licensed (Masters or PhD) therapists. The program is short term and intensive, designed to provide immediate intervention to stabilize and preserve foster placements.

Contact: 6160 Mission Gorge Road, Suite 200, San Diego, CA 91920.  
Phone: (619) 281-3706, extension 333  
Program Director is Ali Freedman, PsyD – email: [alifreedman@fredfinch.org](mailto:alifreedman@fredfinch.org)

### **Fred Finch Wraparound**

175 slot out-patient program serving dependent and wards of the court children who are returning home from out of home placement. Program uses a "wraparound model" to prepare child and family for reunification. Goals of the program are to create family self sufficiency and independence. Referrals are made through SD County Child Welfare Service or Juvenile Probation department. Staffed by masters prepared "care coordinators" as well as family and youth support partners who work with the family and youth to create a family team who determines the best route to self sufficiency and independence.

Contact: 6160 Mission Gorge Road Suite 200, San Diego, CA 91920  
Office with a satellite location: 829 East Ohio Street Escondido CA  
Phone: 619 281-3706, ext 230.  
Program Director Ben Blake – email: [benblake@fredfinch.org](mailto:benblake@fredfinch.org)

### **Harmonium**

Harmonium promotes self-sufficiency and well-being in children, youth and adults through creative education, intervention and prevention services rooted in collaboration with neighborhoods and families. Core services include: "6 to 6" extended school-day programs at 56 schools within the City of San Diego, Klassic Kids licensed daycare offered at nine public schools, Parent-to-Parent (Southeast San Diego) support services to families of youth with behavioral and emotional challenges, Counseling (North City, East County), including group, individual and family counseling, and Epicentre/San Diego Regional Teen Center ([www.epicentre.org](http://www.epicentre.org)).

Website: [www.harmonium-inc.org](http://www.harmonium-inc.org)

### **Harmonium - Children's Programs**

9245 Activity Road, Suite #105, San Diego, CA 92126  
Phone: (858) 684-3080

### **Harmonium - Counseling Programs**

10717 Camino Ruiz, Suite 104, San Diego, CA 92126  
Phone: (858) 566-5740

### **Harmonium/ Epicentre - Youth Programs**

8450 Mira Mesa Boulevard, San Diego, CA 92126  
Phone: (858) 271-4000

### **Holly Drive Leadership Academy**

The mission of the Holly Drive Leadership Academy charter school is to establish a child-centered community and learning environment.. The school aims to develop in its students a dedication to community service and the motivation and skills necessary for continuous successful life-long learning. Academic excellence, technological competence, an understanding and appreciation of the fine arts and an understanding of business principles are emphasized.

Contact: 4999 Holly Dr., San Diego, CA 92113

Phone: (619)266-7333

Website: [www.hdla.org](http://www.hdla.org)

### **Home Start**

Home Start reaches out to children and families at risk and preventing child abuse and neglect. It offers proven practices that stop abuse within families and in neighborhoods, outreach programs that respond to specific community needs, education and assistance to improve parenting. Home Start offers a variety of family support services, parenting classes, therapeutic counseling (for both children and families), and family self-sufficiency programs.

Contact: Main Office

5005 Texas Street, Suite 203, San Diego, CA 92108

Phone: (619) 692-0727

Mid-City Office

5296 University Avenue, Suite F-2, San Diego, CA 92105

Phone: (619) 229-3660

### **Hope through Housing Foundation - Vista del Sol (After School & Beyond program)**

The Hope through Housing Foundation's After School and Beyond programs offer a safe place to go after school to get help with homework, establish positive social relationships, and work on projects that extend in-school learning.

Contact: 1545 "Q" Avenue, National City, CA 91950

Phone: (619) 477-6708

### **Horn of Africa**

The lead community-based organization in San Diego providing culturally and linguistically relevant services to East African refugees and immigrants with a focus on the Somali refugee community. They advocate for just policies in the U.S. that support human rights, economic development, liberty, democracy and religious freedom for East African refugees and immigrants. Horn of Africa strives to help refugees with the assimilation and acculturation process to the U.S.

Contact: 5348 University Ave., Suite 108, San Diego, CA 92105

Phone: (619) 583-0532 / (619) 583-0256

Website: [www.hornafrica.org](http://www.hornafrica.org)

### **House of Metamorphosis**

The House OF Metamorphosis offers a wide variety of substance abuse treatment services for people 18+ years-old; including long-term residential treatment, walk-in assistance, Narcotic Anonymous meetings, 24-hour substance abuse hotline, sober recreational therapy, substance abuse workshops, etc.

Contact: 2970 Market St., San Diego, CA 92101  
Phone: (619) 236-9492

### **Inner City Youth of San Diego (ICY)**

ICY offers a variety of youth training and entrepreneurial training, focusing much of its efforts in Southeast San Diego. For youth, ICY offers music concerts, plays, youth camp, a recreational center, and feeding and clothing assistance.

Contact: 4931 Logan Ave., San Diego, 92113  
Phone: (619) 527-7154  
Website: <http://icysd.org/home.html>

### **International Rescue Committee (IRC)**

IRC San Diego offers various resettlement services including temporary financial assistance, financial literacy classes, cultural orientation, employment training, medical screening referrals, ESL classes, basic skills training for women, child care, a preschool, after-school tutoring and orientation for teens, immigration/citizenships services, food assistance, etc. IRC also works with refugees.

Contact: 5348 University Ave., Suite 205, San Diego, 92105  
Phone: (619) 641-7510  
Website: [www.theirc.org](http://www.theirc.org)

### **Jewish Family Services**

JFS is a comprehensive social service organization with several locations throughout San Diego County. Services include but are not limited to: Counseling, case management, refugee resettlement, and older adult services.

Website: [www.jfssd.org](http://www.jfssd.org)

### **Office & Counseling Locations:**

#### **Main Office**

Turk Family Center  
8804 Balboa Avenue, San Diego, CA 92123  
Phone: (858) 637-3000

**North County Inland**

16486 Bernardo Center Drive, Suite 268, San Diego, CA 92128

Phone: (858) 674-6441

**HIV Services**

Main Office at Turk Family Center

**Integrated Services Program**

2700 Adams Avenue, Suite 102, San Diego, CA 92116

Phone: (619) 325-0522

**Senior Services Information & Referral**

Phone: (858) 637-3040

**College Avenue Senior Center**

Beth Jacob Congregation

4855 College Avenue, San Diego, CA 92115

Phone: (619) 583-3300

**University City Senior Center**

Congregation Beth Israel

9001 Towne Centre Drive, San Diego, CA 92122

Phone: (858) 550-5998

**CO-OP (Town Park Villas)**

6316 Gullstrand Street, San Diego, CA 92122

Phone: (858) 453-0182

**On the Go**

2525 Camino Del Rio South, Suite 265, San Diego, CA 92108

Phone: (877) 63-GO-JFS

**Job Corps**

Job Corps is a no-cost educational and vocational training program administered by the U.S. Department of Labor that helps young people; ages 16 through 24, get better jobs, make more money, and take control of their lives. Students enroll to learn a trade, earn a high school diploma or GED and get help finding a good employment. When students join the program, they are paid a monthly allowance; the longer the stay with the program, the more one's allowance is. Job Corps provides career counseling and transition support to its students for up to 12 months after they graduate from the program.

Contact: 1325 Iris Ave, Imperial Beach, CA 91932

Phone: (619) 429-4909 / (619) 575-2285 / (619) 429-8500



### **Juvenile Courts**

A Drug Court is a special court that hears selected felony and misdemeanor cases involving non-violent, drug-using offenders. The San Diego Adult Programs, due to recent funding limitations, are limiting the enrollment to felons only at this time. The program includes frequent random drug testing, judicial supervision, drug treatment counseling, educational and vocational training opportunities, and the use of court-imposed sanctions and incentives. The Judge is actively involved in supervising drug court participants, rather than placing defendants in unsupervised probation or diversion programs. Upon successful completion of the criminal drug court program, which is a minimum of 18 months, probation may be terminated, or in rare instances, based on the recommendation of the prosecutor, the drug charge may be dismissed.

Contact: 2851 Meadow Lark Drive, San Diego, CA 92123  
Phone: 858-634-1675

### **La Maestra Community Health Centers**

These centers provide quality health care and education to the under-served, ethnically diverse communities into the mainstream of our society, through a caring, effective, culturally and linguistically competent manner, respecting the dignity of all patients. Facilities house health clinics, an eye clinic, women's clinic, a community pharmacy, job development and placement center, etc. There are locations in City Heights, El Cajon and National City.

Contact: 4185 Fairmount Ave., San Diego, CA 92105  
Phone: (619) 280-4213  
Website: [www.lamaestra.org](http://www.lamaestra.org)

### **Legal Aid Society of San Diego**

Legal Aid is available to low-income individuals and disadvantaged communities for a variety of legal problems, including consumer, family disputes, welfare and health benefits, immigration and poverty law issues such as landlord/tenant disputes, disability support and family benefits payments. Federal Poverty Income Guidelines determine eligibility for free legal services. The staff of expert legal workers help individuals and families resolve legal problems free of charge.  
Phone: 1-877-534-2524

#### **Main Office**

110 S. Euclid Avenue, San Diego, 92114

#### **Downtown Office**

1475 Sixth Avenue, 4th floor, San Diego, 92101  
Website: [www.lassd.org](http://www.lassd.org)

### **MAAC Project**

The MAAC Project promotes self-sufficiency for low and moderate income families through advocacy for, and delivery of, social, educational, housing and employment services. Programs include: Head Start; Driving Under the Influence Program (DUI), including support groups and alcohol counseling; Residential Recovery Homes that include counseling, alcohol/drug

education, AA/NA meetings, vocational rehabilitation counseling, etc.; a housing and real estate development program which develops diverse and attractive affordable housing solutions, property management, home loan counseling, etc., for low-income families and seniors; The Step Program, which encompasses employment opportunities, and small business development services; additional services such as filing free tax returns, assistance with job placement, financial education services, outreach and referrals for assistance with low or no cost health insurance; emergency assistance including shelter services, and help w/ food and energy needs; the MAAC Community Charter School which provides low-income, "at-risk" students in grades 9-12, up to age 24, opportunity to earn a high school diploma; and healthy home services, including weatherization and home repair services to income eligible, low-income families.

**Chula Vista Service Center**

1355 Third Avenue, Chula Vista, CA 91911

Phone: (619) 426-3595

**MAAC COMMUNITY CHARTER SCHOOL**

1385 Third Avenue, Chula Vista, CA 91911

Phone: (619) 476-0749

**MAAC - Barrio Logan Service Center**

1102 Cesar E. Chavez Pkwy, San Diego, CA 92113

Phone: (619) 255-7284

**MAAC - San Ysidro Service Center**

663 E. San Ysidro Blvd., San Ysidro, CA 92173

Phone: (619) 428-1139

**MAAC - Mercado Community Development Office**

2001 Newton Ave., San Diego, CA 92113

Phone: (619) 237-0661

**McAlister Institute for Treatment and Education (MITE)**

The McAlister Institute for Treatment and Education (MITE) provides drug and alcohol treatment services for Adolescents and adults. McAlister Institute provides recovery centers throughout San Diego 21 day detox services, residential programs, outpatient programs, adolescent programs, PC1000 Programs as well as sober living programs.

Contact: (MITE)/North Coastal Regional

1400 North Johnson Avenue, Suite 101, El Cajon CA 92020

Phone: 619.442.0277

[http://mcalisterinstitute.org/resources\\_contactus.htm](http://mcalisterinstitute.org/resources_contactus.htm)

### **Mental Health Systems Inc. (MHS)**

MHS provides mental health and drug and alcohol rehabilitation services in an innovative and cost-effective manner. MHS operates nearly 120 programs in more than 100 geographic locations in Southern and Central California. Programs are designed to serve the needs of those individuals with behavioral health problems who either cannot afford privately paid services or for whom appropriate services are not otherwise available

Contact: 9465 Farnham Street, San Diego, CA 92123

Phone: (858) 573-2600

Website: [www.mhsinc.org](http://www.mhsinc.org)

### **Metro-United Methodist Urban Ministry**

Metro is a faith based organization committed to empowering low income individuals, families and communities to overcome poverty and to achieve self sufficiency through employment, education, social services and leadership development.

Website: [www.metroсандiego.org](http://www.metroсандiego.org)

### **OFFICE**

3295 Meade Avenue, San Diego, CA 92116

Phone: (619) 285-5556

Email: [info@metrosandiego.org](mailto:info@metrosandiego.org)

### **PROGRAM OFFICES**

Gompers Middle School

1005 47th Street, San Diego, CA 92102

Phone: (619) 263-7171 ext. 2227

4305 University Ave., Suite 400, San Diego, CA 92105

Phone: (619) 228 – 2887

### **GOOD NEIGHBOR CENTERS**

Chollas View

906 North 47th Street, San Diego, CA 92102

Phone: (619) 264 – 0368

Nestor Good

1120 Nestor Way, San Diego, CA 92154

Phone: (619) 429 – 0802

### **MHS - Caring Helpers**

Caring Helpers is an extensive training program designed to help underserved youth who have previously been involved in the Juvenile Justice or Mental Health systems in San Diego County. Programs such as: youth leadership and adult leadership training, monthly educational presentation to help de-stigmatize and demystify mental health among Latino and Asian/Pacific Islanders communities.

Contact: 4660 Viewridge Ave, San Diego, CA 92123

Phone: (858) 292-0903

Website: <http://www.mhsinc.org/programs/directory.asp?pcid=3&cid=247>

### **MHS – Families Forward**

The Families Forward Program is for severely emotionally disturbed children/youth, ages 6-18, and their families. The program offers regionalized, home-based, intensive Wraparound services, case management, mental health services (individual, family, and group therapy), crisis intervention, and medication management. They often utilizes community-based resources to keep the client in the least restrictive environment. Referrals from CWS, AB 2726, Probation, community providers, and self-referral are accepted. Clients must be at risk for losing placement in their home or are returning home from the System.

Contact: 9445 Farnham St., Suite 100, San Diego CA 92123

Phone: (858) 380-4676

Website: [www.mhsinc.org](http://www.mhsinc.org)

### **MHS – Steps – Adolescent Day Treatment and Outpatient**

Steps is an intensive day treatment and limited outpatient services to emotionally disturbed abuse-reactive youth. Day Treatment clients receive group therapy in addition to weekly individual and family therapy, community meetings, social skills building groups, medication assessment and monitoring. Client education is provided on-site by two San Diego Unified School District teachers and two instructional behavior technicians. Outpatient clients attend once a week for individual and group therapy and as needed for family therapy. Medication assessment and monitoring is available.

Contact: 4660 Viewridge Ave., San Diego, CA 92123

Phone: (858) 565-2510

Website: [www.mhsinc.org](http://www.mhsinc.org)

### **Narcotics Anonymous (NA)**

NA is a nonprofit fellowship of men and women for whom drugs had become a major problem; recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

Phone: (619) 584-1007 / Spanish: (619) 491-1984

Toll-free: (800) 479-0062

Website: [www.sandiegona.org](http://www.sandiegona.org) / In Spanish: [www.bajason-na.org](http://www.bajason-na.org)

### **National City Collaborative (NCC)**

The NCC serves to nurture and promote the collective vision of over fifty member community organizations and agencies to guide the work of diverse agencies and to affect systems change that will enhance the well-being of the National City Community. Programs offered to the community are primarily delivered Family Resource Centers (FRCs) a “one-stop” service operation that provides over 13 programs and services such as: adult education, after-school tutoring, art classes, Spanish literacy, health education Classes, TB testing, immunization clinics, assistance with forms, advocacy, crisis intervention, counseling, care coordination, rental assistance, referrals for shelters, emergency food, MediCal issues, care coordination: services for long-term wellness and case management for individuals, families with children in school, etc.

Family Resource Center

304 West 18th Street, National City, CA 91950

Phone: (619) 336-8360

Rayo de Esperanza Family Resource Center

1671 Albany Avenue , Chula Vista, CA 91911

Phone: (619) 425-4458

Family Resource Center

2325 Euclid Avenue, National City, CA 91950

Phone: (619) 336-8659

Vista del Sol Community Center

1545 Q Avenue, National City, CA 91950

Phone: (619) 477-3275

Summercrest Community Center

2721 East Plaza Boulevard, National City, CA 91950

Phone: (619) 475-2080

### **National Conflict Resolution Center**

The San Diego Mediation Center is the Community Services Division of NCRC. Mediation is a confidential meeting with people involved in a dispute facilitated by a trained mediator who guides a discussion of issues toward an agreement that is acceptable to everyone involved. The

Mediation Center mediates neighborhood, landlord/tenant, small claims court, family and business disputes. No cost in appropriate cases to county residents within center's service area.

**Main Office**

625 Broadway, Suite 1221, San Diego, CA 92101

Phone: 619-238-2400 or 760-494-4728

Email: [Info@ncrconline.com](mailto:Info@ncrconline.com)

**South Bay Office**

663 East San Ysidro Boulevard, San Ysidro, CA 92173

Phone: (619) 428-3200

**El Cajon Office**

181 Rea Avenue, Suite 101, El Cajon, CA 92020

Phone: (619) 593-4530

**New Alternatives**

Provides family focused services to child victims of abuse, neglect and abandonment. These victims frequently suffer from a variety of emotional and psychological disorders due to family histories of child abuse, substance abuse, family violence and mental illness. With treatment, many of these children will be able to break generational cycles of child abuse, substance abuse, family violence, homelessness and poverty. The core of this system of care is a variety of residential treatment settings that range in size from 6-48 beds. Each of these programs has been developed in response to a community need for specialized services for at risk children and adolescents. In addition to this core of residential treatment programs, NAI has developed a continuum of care that includes in-home prevention services, mental health programs, school-based services, foster care and a wide variety of residential programs.

Contact: 7827 Convoy Court Suite 410, San Diego, CA 92111

Phone: (858) 278-1137

**The Palavra Tree**

The Palavra Tree operates a Teen Recovery Center (TRC) and a youth leadership program. The TRC is for adolescents (ages 12-17) and provides non-residential Alcohol and Other Drug (AOD) Treatment, Recovery and Social Services for adolescents. Services include recovery, prevention and recreation services; offering individuals and families support and guidance needed to overcome addiction through coping skills, counseling, support groups, life style changes, intervention & prevention, family meetings, behavioral change, referrals, & relapse prevention.

Contact: 1212 South 43<sup>rd</sup> street, Suite C San Diego CA, 92113

Phone: (619)263-7768

Contact: 2878 Imperial Ave. San Diego, CA 92102

Phone: (619)238-7393

## Planned Parenthood

Planned Parenthood provides confidential, comprehensive, high-quality medical services to communities of San Diego. PPSDRC prides itself on offering the highest standard of care possible at each of our 18 clinics. Planned Parenthood offers a full range of reproductive healthcare services in clean, comfortable settings, as well as education and advocacy programs such as: parent education, youth development, and educator and student resources. Express clinics offer same-day family planning without a pelvic exam. Services and information offered include: abnormal pap tests, abortion, birth control methods, general gynecology, general medical information, pregnancy, sexually transmitted infections, and vaginal infections.

Website: [www.planned.org](http://www.planned.org)

Appointments for all clinics: 1-888-743-PLAN (7526)

### *Clinics in San Diego:*

#### City Heights Express Clinic

4305 University Avenue, Suite 350, San Diego, CA 92105

#### Chula Vista Clinic

1295 Broadway, #201, Chula Vista, CA 91911

#### Sarah Weddington Center

4575 College Avenue, San Diego, CA 92115

#### First Avenue Family Planning Clinic - Michelle Wagner Center

2017 First Avenue, Suite 301, San Diego, CA 92101

#### Euclid Avenue Clinic - Francis Torbert Center

220 Euclid Avenue, Suite 30, San Diego, CA 92114

#### Kearny Mesa Clinic

7526 Clairemont Mesa Boulevard, San Diego, CA 92111

#### Mission Bay Clinic

4501 Mission Bay Drive, #1C&D, San Diego, CA 92109

#### Mission Valley Express

1333 Camino del Rio South, Suite #306, San Diego, CA 92108

#### Pacific Beach Express - Mimi Brien Center

1602 Thomas Avenue, San Diego, CA 92109

### **Pro Kids (The First Tee San Diego)**

Pro Kids is a non-profit working to positively impact the lives of inner-city youth by providing programs that promote education, character development, life-skills, and values through the game of golf. Pro Kids operates Colina Park Golf Course in City Heights and provides free programming to youth. Members have access to: golf and life skills instruction, learning center classes, vocational field trips, internships, college scholarships, and community service opportunities.

Contact: 4085 52nd Street, San Diego, 92105

Phone: (619) 582-7884

Lindsay Rynearson, [lrynearson@prokidsonline.org](mailto:lrynearson@prokidsonline.org)

Website: [www.thefirstteesandiego.org](http://www.thefirstteesandiego.org)

### **Project B.R.O. (Brotherhood, Responsibility and Outreach)**

Project B.R.O works with male African immigrants and refugees, ages 14-19, in the San Diego community to improve their reproductive health behaviors through abstinence-based health education and life skills training. Program components include: direct education, life-skills development, recreation, volunteer work, and cultural appreciation. The youth meet in small groups with health educators to discuss and learn about important health and life skills topics such as abstinence, HIV/AIDS, contraceptive methods, and goal setting and decision making skills. For participating in program, students receive membership to the Salvation Army/Kroc Community Center.

Contact: Ted Morrison, [tmorrison@projectconcern.org](mailto:tmorrison@projectconcern.org)

Phone: (619)791-2610, ext 302

Website: [http://www.pciborderhealth.org/en/BHI\\_Project\\_BRO](http://www.pciborderhealth.org/en/BHI_Project_BRO)

### **Rady Children's Hospital - Developmental Evaluation Clinic**

Rady Children's Hospital offers developmental evaluation services for infants, preschoolers, and school-age children. Services include: identifying developmental, learning, and social delays; determining the need for further assessment/intervention; recommending follow-up interventions; linking children and families to needed services; and providing comprehensive reports to parents and providers. Access to interpreter services.

Contact: 3020 Children's Way, MS 5843, San Diego, CA 92123

Phone: (858) 966-5817

Johanna Boucher, Program Manager



### **Read/ San Diego**

Read is a free literacy, English as a Second Language and family literacy instruction service for adults 18 years and older. Staffed by literacy professionals, READ/San Diego coordinates the efforts of volunteer reading tutors and cooperates with local adult schools, community colleges and other literacy education providers in making and receiving student referrals.

Contact: 5148 Market St. San Diego, CA 92114-2209

Phone: (619) 527-5475

Email: [readstaff@sandiego.gov](mailto:readstaff@sandiego.gov)

Website: [www.sandiego.gov/public-library/services/read.shtml](http://www.sandiego.gov/public-library/services/read.shtml)

### **Reality Changers (Agentes de Cambio)**

Reality Changers works to improve each members' relationships with God send them to a universities. Members are expected to maintain 3.0 GPAs and are given a computer if their family does not have one. Members must pass a random drug test once a year. Members with a 3.5 GPA or above go to UCSD's Academic Connections, where they live in college dorms for three weeks and earn college credit while still in high school. Individuals, churches, and foundations fund tuition expenses. SAT workshops are offered; students earn points through weekly quizzes that can lead to earning a scholarship to attend a camp and also must know 10 S.A.T. vocabulary words before eating dinner provided by RC. A student-led "Congress" helps members practice their college note-taking skills and tutors assist the RC members. Reality Changers meets in downtown San Diego and Solana Beach. Reality Changers also offers a religious camp.

Contact: 3910 University Ave, San Diego, CA 92105

Christopher Yanov, Executive Director, [Chris@RealityChangers.org](mailto:Chris@RealityChangers.org)

Phone: (619) 516-2216

Grace Chaidez, Program Manager, [Grace@RealityChangers.org](mailto:Grace@RealityChangers.org)

Phone: (619) 516-2218

Email: [info@RealityChangers.org](mailto:info@RealityChangers.org)

Website: [www.realitychangers.org](http://www.realitychangers.org)

### **Riley School - Children's Outpatient Psychiatry**

The Riley School is a special education center for students with emotional and behavioral difficulties. Small classes are led by a teacher and two instructional behavioral technicians. Students see counselors frequently for group and individual sessions, crisis intervention, and service coordination. The Children's Hospital Outpatient Psychiatry has a clinic on campus. The school offers a positive-reward behavior-modification system, PeaceBuilders, and a community-based social skills program help students improve their behavior. The Riley School also offers services in Spanish.

Contact: 5659 Mt. Ackerly Dr., San Diego, CA 92111

Phone: (858) 496-8205

### **San Diego Center for Children**

Promotes the well-being of children, youth, families, and communities by providing an array of proven and effective mental health, educational, and social services. SDCC programs support Individualized Education Programs (IEPs) and re-establish the learning process while meeting the specific mental health needs of the children and adolescents we serve. SDCC programs include: day treatment programs, serving both children and adolescents; an intensive outpatient program in South County; a school readiness program that serves children ages 0 to 5; a foster family agency; a counseling center; two Non-Public Schools serving children and adolescents; two residential treatment programs, (RCL 12 and RCL 14) for children ages 6 to 13; Clark Adolescent Treatment Program, a residential program that serves adolescents ages 13 to 17; and a wraparound program to assure that a child's return to their community is successful, and that families have the tools they need to support their child in this success.

Contact: 3002 Armstrong St., San Diego, CA 92111-5798

Phone: (858) 277-9550

Website: [www.centerforchildren.org](http://www.centerforchildren.org)

### **San Diego City Schools' Mental Health Resource Center (MHRC)**

Provides mental health treatment for elementary-age students in order to reduce violence and substance abuse, reduce emotional symptoms, improve behavior, raise achievement, and increase attendance. MHRC provides assessment, case management, and treatment for students in all grade levels.

Contact: 2351 Cardinal Lane, Annex B, San Diego, CA 92123

Phone: (858) 573-2227

### **San Diego Food Bank**

The San Diego Food Bank offers an emergency food assistance program to low income families. It also offers a Commodity Supplemental Food Program that provides food and nutrition education to low income pregnant women, women 12 months postpartum, breast feeding mothers, children under the age of six, and seniors 60+. Participants must live in SD County, be low-income, and not enrolled in WIC.

Contact: 9850 Distribution Avenue, San Diego, California 92121

Phone: (858) 527-1419 or (866) 350-3663

Fax: (858) 527-1457

Website: [www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)

*Emergency Food Assistance Program distribution sites and distribution hours:*

Amistad Rancho Hills Church  
5901 Rancho Hills Dr  
San Diego, CA 92139  
2<sup>nd</sup> Friday 9:00 am - 11:00am

Casa De Sol  
1157 30<sup>th</sup> St 3<sup>rd</sup>  
San Diego, CA 92154  
3<sup>rd</sup> Wed 3:00pm - 4:00pm

Casa Familiar  
212 W. Park Ave  
San Ysidro, CA 92173  
2nd Friday 9:00am - 11:00am

Community Food Bank  
2nd Friday 9:00AM  
2605 Highland Ave  
National City, CA 91950

Nestor Methodist Church  
1120 Nestor Way  
Nestor, CA 92154  
2<sup>nd</sup> Friday 6:00am

Project Hand- Lutheran Social Services  
580 Hilltop Drive  
Chula Vista, CA 91910  
2<sup>nd</sup> Friday 9:00am

Hearts & Hands Working Together  
2242 Enchanted Place  
San Ysidro, CA 92173  
MON - FRI 5:00PM-6:00PM

Metro Good Neighbor  
Mon, Tues, Thurs, Fri, 9 AM-12:30 PM  
1120 Nestor Way  
Nestor, CA 92154

Ascension Lutheran Church  
1ST Friday 9:30-11:00 AM  
5106 Zion Ave  
San Diego, CA 92120

City Of Refuge  
1ST Saturday 9:00 - 10:00AM  
2001 Oceanview Blvd  
San Diego, CA 92113

Climb Grace Covenant Church  
1ST Friday 9:00 AM- 11:00 AM  
2885 Clay Ave  
San Diego, CA 92113

Christian Fellowship Church  
1ST Friday 9:00AM  
1601 Kelton Road  
San Diego, CA 92114

Grace Missionary Baptist Church  
1ST Thursday 3:00-5:00PM  
6328 Brooklyn Ave  
San Diego, CA 92114

Good News Missionary Baptist  
1ST Friday 8:00 AM-12:00 PM  
4106 Swift Ave  
San Diego, CA 92104

House of David  
1ST Friday 8:00AM  
5930 Division St  
San Diego, CA 92114

Mercado Apartments  
1ST Thursday 5:00- 6:30 PM  
2001 Newton Ave  
San Diego, CA. 92113

MT. Olive Church  
1ST Thursday 9:00AM-10:30AM  
4907 A ST  
San Diego, CA 92102

Nazarene Church  
1ST Friday 10:00AM-12:00PM  
3535 Market St  
San Diego, CA 92102

New Hope SDA Church  
2ND WED 9:00AM-11:00AM  
2420 52<sup>nd</sup> ST  
San Diego, CA 92105

North Park Apostolic Church  
1ST Friday 9:00AM -11:00AM  
5577 University Ave

San Diego, CA 92115

North Park Recreation Center  
1ST Thursday 8:00AM - 9:30 AM  
4044 Idaho  
San Diego, CA 92113

San Diego Broadway Spanish 7th Day  
Adventist Church  
1ST Saturday 3:00-5:00PM  
2411 Broadway St  
San Diego CA 92102

SD Coalition For The Homeless  
1<sup>ST</sup> Friday 9:00 - 12:00 AM  
4101 University Ave  
San Diego, CA 92105

Sherman Heights Community Center  
1ST Thursday 9:00AM-10:30PM  
2258 Island Ave

San Diego, CA 92102

St. Jude's Shrine Of The West  
1<sup>st</sup> Saturday of the Month 9:00-12:00PM  
Every Thursday 3- 6:00 PM  
3751 Boston Ave  
San Diego CA 92113

Ladle Fellowship of First Presbyterian  
Church  
Saturdays 8:30 TO 11:30  
320 Date St.  
San Diego, CA 92101

Mid City Christian  
Tue & Thur 9:00-3:00  
6182 University Ave, San Diego, CA 92115

Neighborhood House Association  
Mon-Wed-Fri 1:30-4:00 PM  
841 South 41ST  
San Diego, CA 92113

### **San Diego Girls' Alliance**

The San Diego Girls Alliance assists girls and young women by offering them resources and guidance toward personal development and community awareness. The San Diego Girls' Alliance (SDGA) is committed to being a resource for girls and young women ages 10-20 to exchange ideas and interests. Provides unique group mentoring, participant-driven programs, creative recreational activities, and advocacy resources, and strives to empower participants and help them develop leadership skills and life-long friendships.

Contact: 3295 Meade Avenue, San Diego, CA 92116

Phone: (619) 384-2573

Website: [www.girlsalliance.org](http://www.girlsalliance.org)

### **San Diego Girls Club**

The San Diego Girls Club is an after school program geared toward girls age 5 - 13. The goal of the Girls Club is "to train the girls of today to become the economically independent women of tomorrow." As part of the "Technology Training for Girls" project, teens at the Epicenter learn skills to build a website for the girls at the San Diego Girls Club and then conduct weekly technology projects at the Club for girls ages 5 to 13. The process teens and middle school age girls at the Epicenter learn web technologies and design a new "girls only" website that will showcase projects they create.

Contact: 606 S. 30th St., San Diego CA 92113

Phone: (619) 233-7722

### **San Diego Urban League**

The Urban League of San Diego County assists African Americans and other underserved people in San Diego County in achieving social and economic equality through advocacy, bridge building, program services and research. Programs and services offered include: educational wrap-around services, a youth leadership academy, family support & empowerment, Urban League of San Diego Career College Club Network (C3N), policy initiatives, advocacy, and more. The SD Urban League also offers Project MARCH (Making A Responsible Choice Happen), which works to reduce the rate of unintended pregnancies among youth through workshops and parent seminars. Curriculum includes education about the risks associated with unprotected sex, such as HIV infection, STD transmission and unintended pregnancy.

Contact: 720 Gateway Center Drive, San Diego, CA 92102

Phone: (619) 266-6256

Email: [jimmam@sdul.org](mailto:jimmam@sdul.org)

Website: [www.ulsd.org](http://www.ulsd.org)

### **San Diego Workforce Partnership's Youth Division**

The San Diego Workforce Partnership Youth Division oversees programs that help at-risk youth, ages 14 to 21, plan and achieve their educational goals and secure employment via a network of community-based youth service providers. These programs assist eligible San Diego County youth who have dropped out of high school, are at risk of dropping out, or are transitioning from

justice system camps and foster care facilities. All youth who qualify receive: educational services, work readiness training, work preparation and work-based opportunities, and youth development services. The Workforce Partnership is an active partner with the City of San Diego Commission on Gang Prevention & Intervention and funds the *Gang Prevention Initiative*, a secondary school-based gang prevention programs that provide year-round work readiness and educational support to youth ages 14 to 16.

*Workforce Partnership's Youth Programs in San Diego:*

**ACCESS, Inc. - YES Transition Network**

ACCESS, Inc. through the YES (Youth Empowerment Services) Transition Network provides youth opportunities to gain employability skills, explore career paths, and engage in life-long learning activities. Services include work-based learning experiences such as job shadow, internship, and work experience as well as dropout prevention and intervention services that connect youth with education services.

**YES Transition Network**

2612 Daniel Ave., San Diego, CA 92111

Phone: (858) 560-0871

Website: [www.access2jobs.org](http://www.access2jobs.org)

**South County Region, Chula Vista Mall**

555 Broadway, Suite 2026, Chula Vista, CA 91911

Contact: Nona Spooner - Director of Operations, [nlsponer@msn.com](mailto:nlsponer@msn.com)

Phone: (858) 560-0871, ext. 106

Website: [www.access2jobs.org](http://www.access2jobs.org)

**Coalition of Neighborhood Councils (CNC)**

Offers both *Youth Opportunity and Employment Program* & *Gang Prevention Initiative* program

415 N. Euclid Ave., San Diego, CA 92114

Phone: (619) 325-3580

Website: [www.cncsandiego.org](http://www.cncsandiego.org)

**Grossmont Union High School District/East County Career Center**

**GUHSD Out-of-School Program**

924 E. Main Street, El Cajon, CA 92021

Phone: (619) 590-3900

Website: <http://eccc.guhsd.net/>

Email: [maryw@workforce.org](mailto:maryw@workforce.org)

**San Diego County Office of Education and Juvenile Court & Community Schools (SDCOE/JCCS) - Transitioning Youth N' Motion / Youth One-Stop Career Centers**

The SDCOE/JCCS offers various programs to prepare JCCS students for job and career prospects. Services include: ROP/multimedia production, ROP/building, driver's education, GED preparation, career awareness, graduation portfolio assistance, basic skills improvement (reading and math), computer services, scholarship assistance, merchandising training, and ROP/childcare development. They also assist students with educational goals, financial aid,

scholarship information, apprenticeship program, military service /vocation, permanent/temporary employment, dollars for scholars, career goals, etc.

East County Youth One Stop Career Center, East Region Community Schools  
8374 Hercules Street, San Diego, CA 91942  
Sonya Moreno, [jobready@sdcoe.net](mailto:jobready@sdcoe.net)  
Phone: (619) 668-8744  
Website: [www.sdcoe.net](http://www.sdcoe.net)

Metro Youth One Stop Career Center  
3910 University Ave., San Diego, CA 92105  
Phone: (619) 516-2200  
Website: [www.sdcoe.net](http://www.sdcoe.net)

Work Readiness - Youth One Stop Career Center  
6401 Linda Vista Road, San Diego, CA 92111  
Phone: (858) 571-7259

Metro Region  
210 West Ash St., San Diego, CA 92101  
Phone: (619) 233.2814  
Website: [www.sdcoe.net](http://www.sdcoe.net)

South County Youth One Stop Career Center  
800 National City Boulevard, National City, CA 91950  
Ricardo Gonzales  
Phone: (619) 470-5218  
Website: [www.sdcoe.net](http://www.sdcoe.net)

### **School-to-Career Intermediary Team**

School-to-Career Intermediary Team links students with businesses, offering job shadowing, internships, company tours and mentoring. Regional school districts, community-based organizations and other community stakeholder's provide participants with work-readiness training in addition. Annual Job Fairs for young people, ages 16-21.

Contact: 3910 University Avenue, Ste. 400, San Diego, CA 92105  
Phone: (619) 228-2900

### **South Metro Career Center**

4389 Imperial Ave., San Diego, CA 92113  
Phone: (619) 266-4200

### **South Bay Community Services - South Bay Transitioning Youth Project**

1124 Bay Blvd., Suite D, Chula Vista, CA 91911

Frank Lopez - Youth in Transition Director, [flopez@csbcs.org](mailto:flopez@csbcs.org)  
Phone: (619) 420-3620  
Website: [www.southbaycommunityservices.org](http://www.southbaycommunityservices.org)

**South County Career Center**

1111 Bay Blvd., Suite E, Chula Vista, CA 91911  
Phone: (619) 628-0300

**Toribio Romo – Centro de Capacitación**

3119 Imperial Avenue, San Diego, CA 92101  
Phone: (858) 560-0871 ext.106

**San Diego Youth and Community Services (SDYCS)**

SDYCS offers programs in 16 locations throughout SD County. Programs include: outreach, crisis intervention, counseling & case management, mental health services, alcohol & drug treatment, adoption services, foster care, kinship care, health education & physical fitness, after-school programs, arts programs, independent living skills, an emergency shelter for runaway youth, and more. SDYCS is part of *Breaking Cycles*, a program aimed at preventing escalating juvenile delinquency, offered in conjunction with the probation department, which offers substance abuse assessment and treatment, mental health treatment, functional family therapy, counseling, psycho-educational groups, etc.

Contact: 3255 Wing Street, San Diego CA 92110  
Phone: (619) 221-8600  
Website: <http://www.sdycs.org>

**Breaking Cycles Program**

7798 Starling Drive # 200, San Diego, CA 92123  
Phone: 858-492-2300

**San Diego Youth & Community Services (SDYCS) - The Bride**

This program provides short and long term group home placement to youth 12 to 17. The primary goal is to provide a safe and stable living environment while trying to reunify the youth with their families. If reunification is not possible, SDYCS is prepared to assist youth in finding permanent housing. Services include a 24/7 referral hotline for information and crisis counseling, as well as walk-in counseling.

Contact: 3151 Redwood Street, San Diego, CA 92104  
Phone: (619) 521-3939 / 24-Hour Hotline: 1-866-7156405

**San Diego Youth & Community Service (SDYCS) - The Storefront**

The Storefront is a 20-bed emergency shelter for homeless, runaway, and “street” youth. Its goals are to return young people to their families or to find alternative living arrangements, and to prevent their sexual exploitation. Services begin with Street Outreach teams that find and



offer resources to homeless young people. The Storefront Day Drop-In Center provides street kids with a safe place between the end of the school day and the opening of the night shelter.

Phone: (619) 325-3527

24-Hour Crisis Line: 1-866-715-6405

Email: [jstankus@sdycs.org](mailto:jstankus@sdycs.org)

### **San Diego Youth & Community Services (SDYCS) - Teen Options**

Teen Options is a safe, supportive environment for pregnant and parenting adolescents (ages 14-25) who have a history of substance abuse. Services support youth to maintain sobriety and deliver a healthy and drug-free baby, while increasing their child development, parenting, and life skills. Services include: case management, child development and parenting classes and groups, substance abuse education and recovery support, individual and family counseling, independent living skills training, health education (including STI testing), academic support, assistance with transportation, access to food, diapers, clothing and other baby/parent needs (provided as an incentive for achievement), and ongoing support through an aftercare program.

Contact: 3660 Fairmount Avenue, San Diego, CA 92105

Phone: (619) 521-2250

Email: [cjohnson@sdycs.org](mailto:cjohnson@sdycs.org)

### **San Diego Youth and Community Services (SDYCS) - Youth Education Town**

Our two National Football League (NFL) Youth Education Town (YET) Centers are high-tech educational and recreational centers promoting academics and prevent juvenile delinquency in young people who are working to overcome detrimental barriers to success. All of the services are free of charge and available to anyone between the ages of 9 and 17. Those who are over 18-years old can participate as a volunteer mentor.

NFL Youth Education Town City Heights

4089 Fairmount Avenue, San Diego, CA 92105

Phone: (619) 325-4696

NFL Youth Education Town Golden Hills

2220 Broadway, San Diego, CA 92102

Phone: (619) 232-8126

### **San Ysidro Health Center**

SYHC offers an extensive array of family-oriented primary health care services, including pediatrics (including immunizations), obstetrics and gynecology, adult medicine, geriatric care, dental care services, mental health services, podiatry, radiology, laboratory and pharmacy. Additional services include pregnancy testing, free health education programs, social service programs, WIC program, family planning and more. Clinics are located in San Ysidro, Chula Vista, National City and Otay.

San Ysidro Health Center  
4004 Beyer Blvd., San Ysidro, CA 92173  
Main phone number: (619) 662-4100  
Appointments and information: (619) 662-4123  
Website: [www.syhc.org](http://www.syhc.org)

Otay Family Health Center  
1637 3rd Ave Stes B F H & I, Chula Vista, CA 91911  
Phone: (619) 205-1360

San Ysidro Health Center phone numbers for WIC:  
San Ysidro WIC: (619) 662-4199  
Imperial Beach WIC: (619) 429-0354  
National City WIC: (619) 477-0873  
Chula Vista WIC: (619) 426-7966

SY Health Center's Behavioral Health services phone numbers:  
San Ysidro Behavioral Health: (619) 428-5561  
LifeSchool: (619) 575-4590  
Youth Enhancement Services: (619) 428-5533  
Healthy Steps: (619) 662-4199

### **Second Step Programs**

The Second Step program is a violence prevention curriculum that is offered at preschool and elementary school sites. In partnership with San Diego City Schools' Mental Health Resource Center (MHRC), this program provides mental health treatment for students in order to reduce violence and substance abuse, reduce emotional symptoms, improve behavior, raise achievement, and increase attendance.

**Baker Elementary**  
4041 T Street San Diego, CA 92113  
Phone: (619)264-3139  
Principal Johnson

**Knox Elementary**  
1098 S. 49<sup>th</sup> Street San Diego, CA 92113  
Phone: (619)262-2473  
Principal Ana Biffle

**Perkin Elementary**  
1770 Main St. San Diego, CA 92113  
Phone: (619)525-7482  
Principal Fernando Hernandez

### **Sherman Heights Community Center**

Offer a variety of classes: zumba, aerobics, violin, karate, ballet folklórico, *danza azteca*, ESL, and more. SHCC also has a teen club, after-school tutoring services, a soccer team, and programs for older adults.

Contact: 2258 Island Avenue, San Diego, CA 92102

Chelita Florez, Director

Phone: (619) 232-5181, ext. 17

Website: [www.shermancenter.org](http://www.shermancenter.org)

### **Social Advocates for Youth (SAY)**

SAY supports the positive development of youth, families and communities in San Diego. Their Primary programs include: delinquency prevention and juvenile diversion, before and after school programs and child care, family support and development services, health promotion services, community development and collaboration, school readiness and support services, child abuse prevention program, drug prevention services, and mental health services.

Contact: 8755 Aero Dr., Suite 100, San Diego CA 92123

Phone: (858) 565-4148

Website: [www.saysandiego.org](http://www.saysandiego.org)

### **SAY San Diego - Vision Achievement Mentoring Partnership**

A collaborative program with three other local agencies, VAM is a program that involves group mentoring to prevent teen pregnancy and increase male responsibility while assisting youth in developing a positive life vision. VAM promotes and supports the development of self-assured, future-orientated boys and girls who are capable of navigating through adolescence and contributing positively to society. The project is targeted towards at-risk youth, ages 11-17, from North Central, Central, and Mid City communities.

Phone: 619-582-9056

### **SAY San Diego - Juvenile Diversion and Prevention**

This program provides short-term, family-based case management and/or counseling for families experiencing issues to be addressed through counseling. Individual and group counseling are also available for families with children ages 8 - 17. Voluntary or court-ordered referrals are accepted. Eligible for families who reside in the following zip codes: 92104, 92105, 92111, 92115, 92116, 92117, 92123, 92124

Phone: (619) 582-9056, x211

Email: [jdp@saysandiego.org](mailto:jdp@saysandiego.org)

### **SAY San Diego - Project L.I.V.E.**

Project LIVE is a program for children at O'Farrell Community School who have an incarcerated parent. The goal is to help students who demonstrate poor social and academic skills, depression, or potential delinquency behaviors, resulting from the separation from their

parent/caregiver, to become healthier emotionally, socially, and academically. Project LIVE uses case management, individual and group counseling, and social enrichment activities to break the cycle of dysfunction and failure and provide support and tools to deal with life in a high risk community.

Phone: (619) 263-3009, x2255

#### **South Bay Community Services (SBCS)**

South Bay Community Services provides services and programs for families, children and individuals in South San Diego County. SBCS offers kinship care services, a program for newborns and their mothers, a bilingual preschool, affordable housing, financial literacy, housing and support services for victims of family violence and homeless families, etc. Youth specific services include: independent living skills training (for foster youth); job skills training; transitional housing and emergency for foster youth and/or homeless youth; mental health services (both individual and family counseling); peer educator and street outreach program; mentoring; case management and counseling for high-risk youth; a juvenile diversion program; a Community Assessment Team (CAT) program; a Teen Recovery Center (TRC) to address substance abuse; and a Critical Hours program.

Contact: 1124 Bay Blvd. Suite D, Chula Vista, CA 91911

Phone: (619) 420-3620

Website: [www.southbaycommunityservices.org](http://www.southbaycommunityservices.org)

#### **Southcrest Park Recreation Center**

The Southcrest Recreation Center has a full-size gym, meeting room, arts and crafts room, weight room, outdoor courts, picnic area, outdoor grills, and sports equipment. It is also home to the *Teen Center*, serving ages 13-17, Monday to Friday 3:30. to 7:30 p.m. which Homework lab, movies, dances, crafts and more.

Contact: 4149 Newton Street, San Diego, CA 92113

Phone: (619) 527-3413

Teen Center: (619) 527-3442

#### **Stand Up For Kids**

Stand Up For Kids helps homeless and street kids. Their work is carried out by a national volunteer force whose on-the-streets outreach efforts finds, stabilizes and assists homeless and street kids, through transitional housing, street outreach, outreach centers, etc., in their efforts to improve their lives.

Contact: 1510 Front Street, Suite 100, San Diego, California 92101

Phone: 1-800-365-4KID

Website: [www.standupforkids.org](http://www.standupforkids.org)

### **Star/Pal**

Star/Pal provides free youth programs and positive interaction with committed volunteers that include law enforcement officers and firefighters. STAR/PAL mission is to inspire and aid youth to make positive life choices through active participation in educational, athletic and recreational activities, in collaboration with community partners.

Contact: 4110 54<sup>th</sup> Street San Diego, CA 92105

Phone: (619) 531-2718

Website: <http://www.starpal.org>

### **Tariq Khamisa Foundation (TKF)**

The Tariq Khamisa Foundation is dedicated to breaking the cycle of youth violence by empowering kids and teaching peace. Through TKF's school-based nonviolence programs and curriculum, TKF works with elementary, middle, and high school students. TKF teaches about the realities of gangs, violence, revenge, and the importance of becoming "peacemakers". TKF offers programs ranging from a one-time presentations and assemblies to multi-session programs that can be facilitated by TKF staff.

Contact: 7490 Opportunity Road Suite 202, San Diego, CA 92111

Phone: (858) 565-0800

Email: [info@tkf.org](mailto:info@tkf.org)

Website: <http://tkf.org/index.htm>

### **Teen Challenge of Southern California**

Teen Challenge provides youth, adults and children an effective and comprehensive faith-based solution to drug and alcohol addiction as well as other life-controlling problems. Teen Challenge is committed to enabling and equipping those we serve to find freedom from addictive behavior, to become socially and emotionally healthy, physically well and spiritually alive.

San Diego Teen Challenge

P.O. Box 15637, San Diego, CA 92175

Phone: (619) 265-0337

Email: [sdtc@pacbell.net](mailto:sdtc@pacbell.net)

Website: [www.teenchallenge.com/sandiego](http://www.teenchallenge.com/sandiego)

### **Teen Court**

Teen Court is a non-profit organization offering a juvenile diversion program made up of staff members and volunteers (both youth and adults) who care about the decisions that young people make. Teen Court partners include a number of local residents from many different professions and many different communities.

Teen Court offers two versions of offender sentencing hearings (the Student Attorney Session and the Peer Jury Panel) as an alternative to juvenile court. High school students serve as attorneys, jury panelists, etc. Real cases of actual juvenile offenders are heard and sentences are imposed that are recognized by Juvenile Court. Both daytime and evening sessions are held.

San Diego Teen Court, Inc.  
P.O. Box 12419, San Diego, CA 92112  
Monica Evans, Program Coordinator, [monica@sdteencourt.org](mailto:monica@sdteencourt.org)  
Phone: (619) 533-6014  
Website: [www.sdteencourt.org](http://www.sdteencourt.org)

**Toussaint Academy of the Arts and Sciences (TAAS)**

TAAS serves high school age adolescents, ages 14 to 17, who meet the US Department of Housing and Urban Development guidelines for homelessness including adolescents who do not have suitable homes to return to, adolescents whose families reside at St. Vincent de Paul Village, and adolescents who live in other homeless settings (i.e. the street or emergency shelters).

Phone: (619) 687-1080  
Website: [www.toussaintacademy.org](http://www.toussaintacademy.org)

**Turning The Hearts Center**

Turning the Hearts Center is committed to turning the hearts of youth and families through education, leadership development, and family enhancement services. They provide the necessary educational and workforce development training, open-ended services, and life skills development activities to out-of-school youth, ages 16-24 in the South Bay. Also offering a variety of programs, including: break-dance classes, substance abuse classes, parenting classes, pregnancy prevention for boys and girls, separate social support groups for girls and boys, leadership development, anger management, work readiness classes, etc.

Contact: 345 5th Avenue, Chula Vista, CA 91910  
Doug Luffborough – Executive Director, [doug@turningtheheartscenter.org](mailto:doug@turningtheheartscenter.org)  
Alejandra Aceves – Program Director, [alejandra@turningtheheartscenter.org](mailto:alejandra@turningtheheartscenter.org)  
Phone: (619) 691-9643  
Website: [www.turningtheheartscenter.org](http://www.turningtheheartscenter.org)

**Turning the Hearts Center - Gang Awareness through Mentoring and Education (GAME)**

Comprehensive gang prevention and intervention groups twice a week for active gang members and at-risk youth of gang activity, ages 12-18 years old.

Contact: 345 5th Avenue, Chula Vista, CA 91910  
Manny Castro, Program Coordinator  
Phone: (619) 691-9643  
Website: [www.turningtheheartscenter.org](http://www.turningtheheartscenter.org)

### **UCSD BRIGHT Families Project**

BRIGHT Families is a project dedicated to disseminating comprehensive sex education, through a variety of methods. We teach youth in middle- and high- and offer a mentoring program, and through our presence at various community events.

Contact: 9170 Camino Santa Fe, San Diego, 92121

Phone: (858) 530-3200

Website: [www.bright-families.org](http://www.bright-families.org)

### **Union of Pan Asian Communities (UPAC)**

The UPAC provides services such as mental health, addiction treatment, economic development, child, youth and senior services, health services, & translation to Asian and Pacific Islander communities in San Diego.

Contact: 3288 El Cajon Boulevard, Suite 13, San Diego, CA 92104

Phone: (619) 521-5720

### **Unity Tech**

Unity Tech provides a safe after school program, art/culture, balloon art, tutoring, computer education, mentoring assistance, kid's smart program, teen safety, youth hip-hop fitness, nutrition, discipline Kenpo course, and/or Know & Go program for our youth at risk from gangs, dropping out of school and their families in various communities.

Contact: 5540 El Cajon Blvd. San Diego CA 92115

Phone: (619) 287-8182

Website: <http://www.unitytech.org/index.htm>

### **UPAC - Pan Asian High Risk Youth Mentorship**

This program offers culturally competent mentorship opportunities for Southeast Asian and Filipino youths, ages 6-19, designed to increase self-esteem and reduce gang involvement, relationship violence, suicide, academic failure, unintended pregnancy, and substance abuse. Participants complete a 10-week life skills training program and are paired with adult mentors. Services offered in Cambodian, Lao, Tagalog, Vietnamese and English.

Contact: 1031 25th Street, San Diego, CA 92102

Phone: (619) 232-6454

### **UPAC - Parent Assistance Center**

This program promotes parent involvement in education to enhance student success and academic achievement through outreach and training. The Center serves as a clearing house for information and resources, and builds an extensive network for parents, families, parent leaders and educational professionals. Language capabilities of staff include: Arabic, Cambodian, Somali, Spanish, Tagalog, Vietnamese and English.

Contact: 1031 25th Street, San Diego, CA 92102  
Phone: (619) 232-6454

### **UPAC - Peer Academic Mentoring Program (PAMPER)**

This program assists youth attending O'Farrell Middle School with homework assistance and mentoring from students at Morse High School.

Contact: 1031 25th Street, San Diego, CA 92102  
Phone: (619) 232-6454

### **UPAC - San Diego Asian Youth Organization (SDAYO)**

This partnership with the San Diego Police Department provides a leadership forum & community service opportunities for youth. Language capabilities of program staff are Cambodian, Chinese, Lao, Tagalog, Vietnamese, Spanish & English.

Contact: 1031 25th Street, San Diego, CA 92102  
Phone: (619) 232-6454

### **U.S. Naval Sea Cadet Corps**

The Naval Sea Cadet Corps has been committed to provide American youth with a drug and alcohol free environment to foster their leadership abilities, broaden their horizons through hands-on training and guide them to becoming mature young adults. The Naval Sea Cadet Corps (NSCC) is for American youth ages 13-17 that have a desire to learn about the Navy, Marine Corps, Coast Guard and Merchant Marine. Sea Cadets are authorized by the Secretary of the Navy to wear Navy uniforms appropriately marked with the Sea Cadet Corps insignia. The objectives of the Sea Cadet program are to introduce youth to naval life, to develop in them a sense of pride, patriotism, courage, and self-reliance, and to maintain an environment free of drugs and gangs.

Contact: 140 Sylvester Road, San Diego, California 92106  
Phone: 858-598-5951  
Website: [www.seacadets.org](http://www.seacadets.org)

### **WIC (Women, Infants & Children)**

WIC provides assistance for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk. There are many WIC offices throughout San Diego.



Phone: (800) 500-6411  
Website: [www.sandiegowic.org](http://www.sandiegowic.org)

*A partial list of WIC offices in San Diego:*

**University Ave WIC Office**

5821 University Ave., San Diego, CA 92115

**Naval Medical Center (NMCSD)**

ARC Office Bldg. 1, 34800 Bob Wilson Dr., San Diego, CA 92134

**Linda Vista WIC Office**

7612 Linda Vista Rd. Suite 111, San Diego, CA 92111

**Euclid Ave WIC Office**

220 Euclid Ave. Suite 80, San Diego, CA 92114

**Southeast WIC Office**

3177 Oceanview Boulevard, San Diego, CA 92113

**North Park WIC Office**

4101 E. 30<sup>th</sup> Street, San Diego, CA 92104

**Chula Vista WIC Office**

648 E Street, Chula Vista, CA 91910

**YMCA**

YMCA offers a variety of services and programs for children, families and programs for older adults. Services vary by branch, but include: play groups, parenting classes, literacy, family counseling, adoption services, tutoring, family support groups, afterschool programs, fitness, aquatics, mentoring, scholarships, college tours, teen leadership programs, and more. Info on programs offered by each branch is available through the contact info below.

Email: [email@ymca.org](mailto:email@ymca.org)

Website: [www.ymca.org](http://www.ymca.org)

*YMCA branches across the city:*

**Border View YMCA**

3085 Beyer Blvd., Suite A-103, San Diego, 92154

Phone: (619) 428-1168

Website: [borderview.ymca.org](http://borderview.ymca.org)

**Downtown YMCA**

500 West Broadway, Suite B, San Diego, 92101

Phone: (619) 232-7451

Website: [downtown.ymca.org](http://downtown.ymca.org)

**Peninsula Family YMCA**

4390 Valeta St., San Diego, 92107

Phone: (619) 266-8888

Website: [peninsula.ymca.org](http://peninsula.ymca.org)

**Child Care Resource Services**

3333 Camino del Rio South, Suite 400, San Diego, 92108

Phone: (619) 521-3055

Website: [ymcacrs.org](http://ymcacrs.org)

**Copley Family YMCA**

3901 Landis St., San Diego, 92105

Phone: (619) 283-2251

Website: [copley.ymca.org](http://copley.ymca.org)

**Jackie Robinson Family YMCA**

151 YMCA Way, San Diego, 92102

Phone: (619) 264-0144

Website: [jackierobinson.ymca.org](http://jackierobinson.ymca.org)

**La Jolla YMCA**

8355 Cliffridge Ave., La Jolla, 92037

Phone: (858) 453-3483

Website: [lajolla.ymca.org](http://lajolla.ymca.org)

**Mission Valley YMCA**

5505 Friars Rd., San Diego, 92110

Phone: (619) 298-3576

Website: [missionvalley.ymca.org](http://missionvalley.ymca.org)

**Toby Wells YMCA**

5105 Overland Ave., San Diego, 92123

Phone: (858) 496-9622

Website: [missionvalley.ymca.org](http://missionvalley.ymca.org)

**[YMCA - Childcare Resource Service \(CRS\)](#)**

YMCA Childcare Resource Service (CRS), a department of the YMCA of San Diego County, is committed to promoting the well being of children and families in San Diego County.

CRS works to assist families in finding quality child care, educate parents as consumers of child care services, assist income eligible families with child care costs, advocate for families and children at the local, state and national level. CRS also collects local child care supply and

demand data and applies it to building child care capacity, assisting families of children with developmental disabilities with respite care, and providing child development resources, training and enrichment to child care providers.

Contact: 3333 Camino Del Rio South #400, San Diego, CA 92108-3808  
Phone: (619) 521-3055

**South County Office**

401 Mile of Cars Way, Suite 340, National City, CA 91950-6608  
Phone: (619) 474-4707

**YMCA - Turning Point Transitional Living Program**

An 18-month program designed to assist and support young adults (16-21) develop the skills necessary to live self-sufficient, independent lives. The program offers shared apartment living in City Heights area of San Diego. Support services include individualized case management, employment development/assistance and independent-living skills training. Also serve parenting and/or pregnant youth and provide child development classes.

Contact: 4145 Swift Avenue #1, San Diego, CA 92104  
Phone: (619) 640-9774  
Website: [http://yfs.ymca.org/ymcasd\\_ilservices.htm](http://yfs.ymca.org/ymcasd_ilservices.htm)

**YMCA - Youth & Family Services (YFS)**

YFS services are organized into four service areas: residential, school-based, community-based and counseling. Residential services include the two Oz shelters for runaway and troubled teens, and the two transitional living programs for homeless youth: Turning Point, Mary's House (young women only), and Tommie's Place (for pregnant and parenting youth 18-21). School-based services, in addition to providing safe after-school programming countywide, provides school-based counseling. Community-based services offer prevention and education-based programs, including the Balboa Youth & Community Center, prevention initiatives focused on violence, gang, drugs and teen pregnancy, as well as clinical counseling, mentoring and healthy lifestyle education. Also operates an independent living skills program for former foster youth, helping them transition into independence. Counseling includes bilingual counseling services for individuals and families. The Teen Link Community Project is a collaborative with a focus on prevention (of teen pregnancy, substance abuse, and gang involvement) encouraging youth to reduce high risk behaviors through education in order to make positive life choice.

Contact: 4080 Centre St., Suite 101, San Diego, 32103  
Phone: (619) 543-9850  
Website: [www.yfs.ymca.org](http://www.yfs.ymca.org)